






**Nombre de Paciente:** \_\_\_\_\_ **Fecha:** \_\_\_\_\_

Nota: Las normas y los puntos de corte se basaron en datos de adultos sanos que viven en la comunidad, así que ninguno de los valores de referencia abajo se evaluó críticamente ni se hizo referencia en la publicación: Moore JL, Potter K, Blankshain K, Kaplan SL, O'Dwyer LC, Sullivan JE. A core set of outcome measures for adults with neurologic conditions undergoing rehabilitation: A clinical practice guideline. *J Neurol Phys Ther.* 2018;42:174-220.

	Resultado Original Date: _____	Primer Resultado Date: _____	Segundo Resultado Date: _____	Tercer Resultado Date: _____	Riesgo de Caerse? "Establecido con datos de adultos sanos que viven en la comunidad"	Notas:
Caminar Comódo 10mWT	_____m/s	_____m/s	_____m/s	_____m/s	 	
Caminar Rápido 10mWT	_____m/s	_____m/s	_____m/s	_____m/s	N/A	
Distancia de Caminar 6MWT	_____meters	_____meters	_____meters	_____meters	N/A	
Equilibrio al Pararse BBS	_____/56	_____/56	_____/56	_____/56	 	
Equilibrio al Caminar FGA	_____/30	_____/30	_____/30	_____/30	 	
Confianza del Equilibrio ABC	_____%	_____%	_____%	_____%	 	
Sentado a/de Parado 5TSTS	_____sec	_____sec	_____sec	_____sec	 	

Instrucciones para fisioterapeutas: Escribe las puntuaciones originales y actuales del paciente para cada medida. Haga clic en el círculo correspondiente para indicar si la puntuación actual ha cambiado en comparación con la puntuación original y cómo ha cambiado. Haga clic en cada cuadro si la puntuación actual es comparable a los datos normativos publicados. Haga clic en el círculo correspondiente para identificar si cada puntaje actual indica en riesgo de caídas. Si imprime esta página antes de completarla, marque con un círculo los iconos correspondientes en lugar de hacer clic.

**Instructions for Physical Therapists:** Record the patient's original and current scores for each measure. Click in the appropriate circle to indicate if and how the current score has changed compared to the original score. Click in each square if the current score is comparable to published normative data. Click in the appropriate circle to identify whether or not each current score places them at risk of falling. If you print this page prior to completing it, circle the appropriate icons instead of clicking.

## REFERENCES

*Note: because this Report Card's norms and cutoff scores were based on data from community-dwelling and healthy adults, none of the included reference values were critically appraised nor referenced in the publication: Moore JL, Potter K, Blankshain K, Kaplan SL, O'Dwyer LC, Sullivan JE. A core set of outcome measures for adults with neurologic conditions undergoing rehabilitation: A clinical practice guideline. J Neurol Phys Ther. 2018;42:174-220.*

1. Comfortable Speed and Fast Speed: 10 Meter Walk Test (10mWT)
  - Average Scores, Comfortable: 1.27-1.46 m/s depending on age/gender
  - Average Scores, Fast: 1/75-2.53 m/s depending on age/gender
    - i. Bohannon RW. Comfortable and maximum walking speed of adults aged 20-79 years: Reference values and determinants. *Age Ageing*. 1997. doi:10.1093/ageing/26.1.15
  - <1.0 m/s comfortable pace indicates fall risk requiring interventions
    - i. Fritz S, Lusardi M. White paper: "walking speed: The sixth vital sign." *J Geriatr Phys Ther*. 2009. doi:10.1519/00139143-200932020-00002
2. Distance: 6 Minute Walk Test (6MWT)
  - Average Scores for adults up to 80 years old: 471-636 meters depending on age and gender
  - Average Scores for adults 80-89 years old: 392-417 meters depending on gender
    - i. Enrichi PL, Sherrill DL. Reference equations for the six-minute walk in healthy adults. *Am J Respir Crit Care Med*. 1998. doi:10.1164/ajrccm.161.4.16147a
    - ii. Steffen TM, Hacker TA, Mollinger L. Age- and gender-related test performance in community-dwelling elderly people: Six-Minute Walk Test, Berg Balance Scale, Timed Up & Go Test, and gait speeds. *Phys Ther*. 2002. doi:10.1093/ptj/82.2.128
3. Standing Balance: Berg Balance Scale (BBS)
  - Average Scores for adults 60-89yo: 50-55/56
    - i. Steffen TM, Hacker TA, Mollinger L. Age- and gender-related test performance in community-dwelling elderly people: Six-Minute Walk Test, Berg Balance Scale, Timed Up & Go Test, and gait speeds. *Phys Ther*. 2002. doi:10.1093/ptj/82.2.128
  - $\leq 50/56$  indicates fall risk
    - i. Lusardi MM, Fritz S, Middleton A, et al. Determining Risk of falls in community dwelling older adults: A systematic review and meta-analysis using posttest probability. *J Geriatr Phys Ther*. 2017. doi:10.1519/JPT.0000000000000099
4. Walking Balance: Functional Gait Assessment (FGA)
  - Average Scores for adults 40-69yo: 27.1-28.9/30 depending on age and gender
  - Average Scores for adults 70-89yo: 20.8-24.9/30 depending on age and gender
    - i. Walker ML, Austin AG, Banke GM, et al. Reference Group Data for the Functional Gait Assessment. *Phys Ther*. 2007. doi:10.2522/ptj.20060344
  - <22/30 indicates fall risk
    - i. Wrisley DM, Kumar NA. Functional Gait Assessment: Concurrent, Discriminative, and Predictive Validity in Community-Dwelling Older Adults. *Phys Ther*. 2010. doi:10.2522/ptj.20090069
5. Balance Confidence: Activities-Specific Balance Confidence Scale (ABC)
  - Average Scores for adults with average age of 70.96yo: 79.89%
    - i. Huang TT, Wang WS. Comparison of three established measures of fear of falling in community-dwelling older adults: Psychometric testing. *Int J Nurs Stud*. 2009. doi:10.1016/j.ijnurstu.2009.03.010
  - <67% indicates fall risk
    - i. Lajoie Y, Gallagher SP. Predicting falls within the elderly community: Comparison of postural sway, reaction time, the Berg balance scale and the Activities-specific Balance Confidence (ABC) scale for comparing fallers and non-fallers. *Arch Gerontol Geriatr*. 2004. doi:10.1016/S0167-4943(03)00082-7
6. Transfers: 5 Times Sit-to-Stand (5TSTS)
  - Average scores for adults 19-69yo: 6.2-8.1 sec
  - Average scores for adults 70-89yo: 10.10-10.6 sec
    - i. Bohannon RW, Shove ME, Barreca SR, Masters LM. *Five-Repetition Sit-to-Stand Test Performance by Community-Dwelling Adults : A Preliminary Investigation of Times , Determinants , and Relationship with Self-Reported Physical Performance.*; 2007.
  - $\geq 12$  seconds indicates fall risk
    - i. Tiedemann A, Shimada H, Sherrington C, Murray S, Lord S. The comparative ability of eight functional mobility tests for predicting falls in community-dwelling older people. *Age Ageing*. 2008. doi:10.1093/ageing/afn100