ACADEMY OF NEUROLOGIC PHYSICAL THERAPY

PHYSICAL THERAPY REPORT CARD

PATIENT NAME: _____ **DATE:** _____

Note: because the norms and cutoff scores below 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.

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.

	ORIGINAL SCORE Date: _____	CURRENT SCORE Date: _____		AVERAGE SCORE *Star indicates that current score is within normal limits.*	DOES SCORE INDICATE YOU'RE AT HIGHER RISK OF FALLING?
					Based on data from community-dwelling and/or healthy adults
Comfortable Walking Speed 10mWT comfortable *higher scores indicate faster pace*	_____ m/s	↑ Faster = Same ↓ Slower	_____ m/s	• 1.27-1.46 m/s depending on age/gender	<1.0 m/s may indicate fall risk
Fast Walking Speed 10mWT fast *higher scores indicate faster pace*	_____ m/s	↑ Faster = Same ↓ Slower	_____ m/s	• 1.75-2.53 m/s depending on age/gender	n/a
Walking Distance 6MWT *higher scores indicate farther distance*	_____ meters	↑ Farther = Same ↓ Shorter	_____ meters	• 471-636 meters depending on age and gender for adults up to 80yo • 392-417 meters depending on gender for adults 80-89yo	n/a
Standing Balance BBS *higher scores indicate better balance*	_____ /56	↑ Steadier = Same ↓ Less Steady	_____ /56	• 50-55/56 depending on age and gender for adults 60-89yo	≤50/56 may indicate fall risk
Walking Balance FGA *higher scores indicate better balance*	_____ /30	↑ Steadier = Same ↓ Less Steady	_____ /30	• 27.1-28.9/30 depending on age and gender for adults 40-69yo • 20.8-24.9/30 depending on age and gender for adults 70-89yo	<22/30 may indicate fall risk
Balance Confidence ABC *higher scores indicate more confidence*	_____ %	↑ More = Same ↓ Less	_____ %	• 79.89% among community-dwelling older adults with average age of 70.96yo	<67% may indicate fall risk
Ability to Perform Transfers 5TSTS *lower scores indicate faster transfers*	_____ sec	↓ Faster = Same ↑ Slower	_____ sec	• 6.2-8.1 sec depending on age and gender for adults 19-69yo • 10.0-10.6 sec depending on age and gender for adults 70-89yo	≥12 sec may indicate fall risk

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.

References for Normative Values

1. 10 Meter Walk Test (10mWT)
   - 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

2. 6 Minute Walk Test (6MWT)
   - 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
   - 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. Berg Balance Scale (BBS)
   - 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

4. Functional Gait Assessment (FGA)
   - Walker ML, Austin AG, Banke GM, et al. Reference Group Data for the Functional Gait Assessment. *Phys Ther.* 2007. doi:10.2522/ptj.20060344

5. Activities-Specific Balance Confidence Scale (ABC)
   - 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

6. 5 Times Sit-to-Stand (5TSTS)
   - 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. *Isokinet Exerc Sci.* 2007;15(2):77-81.

References for Cutoff Scores

1. 10 Meter Walk Test (10mWT)
   - Fritz S, Lusardi M. White paper: "walking speed: The sixth vital sign." *J Geriatr Phys Ther.* 2009. doi:10.1519/00139143-200932020-00002

2. 6 Minute Walk Test (6MWT)
   - n/a

3. Berg Balance Scale (BBS)
   - 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. Functional Gait Assessment (FGA)
   - Wrisley DM, Kumar NA. Functional Gait Assessment: concurrent, discriminitive, and predictive validity in community-dwelling older adults. *Phys Ther.* 2010. doi:10.2522/ptj.20090069

5. Activities-Specific Balance Confidence Scale (ABC)
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6. 5 Times Sit-to-Stand (5TSTS)
   - 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