Acrostic acrostic

Participant ID pid

Examiner compby   V.C. vc

Date of Visit vis_mth   / vis_day   / vis_yr

Lateral Mobility Task

The participant must be able to stand unassisted without the use of a cane or walker. You may help the participant get up.

Participant could not stand unassisted not_stnd_lmtk ☐

IF BOX CHECKED, STOP TESTING. PROCEED WITH NEXT ASSESSMENT

"Now let's begin the evaluation. I would now like you to try a movement task. I will first describe and then show the movement to you. Then I'd like you to try to do it. If you cannot do the movement, or if you feel it would be unsafe to try to do it, tell me and we'll move on to the next test. Let me emphasize that I do not want you to try to do any movement that you feel might be unsafe."

"Do you have any questions before we begin ?"
Answer questions, if any.

Demonstrate starting position. Tell participant "You will start standing beside the mat facing forward as I am now. When I say ?Go' you will step onto the mat with your left foot first, following with your right, step over the low bar with your left foot first, following with your right, duck under the second bar, to sit in the chair, as you would to get into a car, and end with both feet flat on the step in front of you."

" I will now demonstrate for you."

Demonstrate task for participant.

"I want you to start when I say, ?Ready? Go.'"

"I will be timing you while you perform this task, so do it as quickly as you can."
"Do you have any questions?"*Answer questions, if any.*

"I would like to give you a practice trial"

Participant should be positioned so that they are standing in line with the chair, and the lateral part of their left foot is 53cm from the first cross bar, i.e., foot against the mat.

Allow the participant a practice trial to ensure they understand the directions. You may give the participant another practice trial if it is clear that they did not understand the requirements of the task.

practice_lmtk
-9
 1 Participant refused to do task
 2 Participant unable to understand instructions
 3 Not attempted, you felt unsafe
 4 Not attempted, participant felt unsafe
-6 Not on form

IF BOX CHECKED, STOP TESTING. PROCEED WITH NEXT ASSESSMENT

With subject in proper starting position, ask, "Are you ready?"
When they reply 'Yes,' give the command, "Ready? Go."

Begin timing as soon as participant places left foot in front of first bar, and finish timing when the participant places their right foot (or both feet if done simultaneously) on the step. Record the time to the nearest 0.01 second.

Participants are given three attempts to reach the timed trials (Table 2). If the participant displaces either bar, stop the trial and have them repeat the test. Mark a failed trial on Table 1 along with the bar (low/high) that was displaced. Repeat the trial, and follow instructions on Table 1. If a participant fails to complete the task on the first three attempts testing is stopped and the ? Participant tried, but unable to complete task? box is checked.

If the participant is able to complete the task without displacing either bar, check the No boxes in Table 1 to indicate a successful trial, record the time on Table 2 and continue with the timed trials. Three timed trials should be obtained, unless the participant refuses. If the participant displaces the bar between Timed Trial 1 and Timed Trial 2, or Timed Trial 2 and Timed Trial 3, do not record the time, but make a note in the Additional Comments section.

The participant may not use a cane to perform this task. They are not to hold onto anything while performing this task unless they need assistance stepping over the low bar (in which case you may assist the participant). This should be noted on the score sheet.

Table 1. ATTEMPTS

	Displaced Crossbar?	
	Low	**High**
Attempt 1	dlow1_lmtk -9 1 Yes 0 No -6 Not on form	dhigh1_lmtk -9 1 Yes 0 No -6 Not on form
	If Yes, Attempt a second trial **If No**, Record time in Table 2, continue with timed trials	**If Yes**, Attempt a second trial **If No**, Record time in Table 2, continue with timed trials
Attempt 2	dlow2_lmtk -9 1 Yes 0 No -6 Not on form	dhigh2_lmtk -9 1 Yes 0 No -6 Not on form
	If Yes, Attempt a thid trial **If No**, Record time in Table 2, continue with timed trials	**If Yes**, Attempt a third trial **If No**, Record time in Table 2, continue with timed trials
Attempt 3	dlow3_lmtk -9 1 Yes 0 No -6 Not on form	dhigh3_lmtk -9 1 Yes 0 No -6 Not on form
	If Yes, End testing, mark "Tried but unable" **If No**, Record time in Table 2, continue with timed trials	**If Yes**, End testing, mark "Tried but unable" **If No**, Record time in Table 2, continue with timed trials

atmptrs_lmtk
-9
 1 Participant tried, but unable to complete task
 2 Other reason
-6 Not on form

Comments:
atmptrsp_lmtk

Table 2. Timed Trials

Time	*If participant displaces a bar, record in Comments section below*	
1	time1_lmtk	sec
2	time2_lmtk	sec
3	time3_lmtk	sec

Additional comments:

comments_lmtk

submit