

GMFM 74

Walks forward 10 consecutive steps on a straight line 3/4" wide

Co-ordination:

Look carefully at step rhythm, foot placement. To score '3', feet must be placed well on the line for all steps and pace must be fluid without pauses. Consider arm use/position – if used for more than for tiny, sporadic balance adjustments, or if associated reactions are evident, score lower. Very slow gait needs to be marked down to a '1' even if it is well-targeted.

1 st Trial	2 nd Trial	3 rd Trial

Stability:

Foot placement on line gives primary cue about stability. Are the arm(s) used for balance for any or all of the task? **If child only completes 3 to 9 consecutive steps on the line, score as '1'.**

To score '3', the balance must look effortless, i.e., look as easy as regular walking. Very slow performance indicates balance issue and should be scored no more than '2' if stable.

1 st Trial	2 nd Trial	3 rd Trial

Weightshift:

Two directions of movement: forward with slight adduction onto the weight bearing leg. Has to maintain a very narrow base of support without adduction beyond line. Watch for Trendelenberg, forward lean, excess trunk/pelvic rotation to achieve foot placement.

1 st Trial	2 nd Trial	3 rd Trial

GMFM 75

Steps over stick at knee level, right foot leading – only start scoring once you have established the best stick height to test with

Co-ordination:

A key part of this is motor planning – how easy is the set-up, how suitable is the start position (distance and angle to the stick)? Is the step sequence smooth and efficient without a pause once step is initiated? Score is independent of height of stick. **Score as '1' if speed is very slow even if accurate.**

1 st Trial	2 nd Trial	3 rd Trial

Dissociated movement:

Rate dissociation between hips with the step over and dissociation within each leg (hip, knee, and ankle ROM) during step over and regaining stance. Use of hip hike or arm raising when clearing stick may indicate dissociation issues or may be a weakness and weight shift issue. **Score '1' if crosses stick using a sideways step (pelvis angle >40 to stick at time of crossing).**

Score as '1' if child touches the stick when it is knee or mid-shin height. Score '0' if steps over at ankle height (GMFM '1').

1 st Trial	2 nd Trial	3 rd Trial

Stability:

Look for a stable stand immediately after step across is complete (mark lower if takes extra steps at end). Does the child finish in the right direction? Are the arms used for balance for any or all of the task?

If the child has to put hands down to stop forward fall, or needs to be caught by assessor, or touches wall at any time, or touches stick, score a '0'. Score '2' if only steps over at mid-calf height (GMFM 2) but looks stable. Score '1' if only steps over at ankle height (GMFM 1).

1 st Trial	2 nd Trial	3 rd Trial