Timed Walking and Hand Grip Assessments

MACSID #: ___ ___ ___ ___ ___

Visit #: ___ ___ ___

Examiner Code: MWEXA_44

Date: ___ ___ / ___ ___ / ___ ___

Time Began: ___ ___ : ___ ___ AM ... 1
FRTBH_44
FRTBM_44
FRTBZ_44

PM ... 2

DATFM_44
DATFD_44
DATFY_44

CIRCLE YOUR ANSWERS

Section A: Measured Walk

A1. Was measured walk test attempted?

ATWK_44
No ................................................................. 1
Yes ................................................................. 2

Go to A2

a. If no, was it due to:

ATWKN_44
Physical Impairment ........................................ 1
Cognitive Impairment ...................................... 2
Other Reason .................................................. 3

Go to Section B

Go to Section B

SRWKPB_44 Specify: ____________________________

Go to Section B

A2. Does the participant use an assistive device for walking?

ADEVBP_44
No ................................................................. 1
Yes ................................................................. 2

Go to A3

a. What type of device?

TYPDPB_44
Standard cane .............................................. 1
Quad cane .................................................... 2
Walker .......................................................... 3
Wheelchair .................................................... 4
White cane ................................................... 5
Crutches (1 or 2) ........................................... 6
Other .......................................................... 7

SPDVPB_44 Specify: ______________________________

A3. Does the participant use a lower extremity orthosis (plastic or metal leg brace at or above the ankle)?

ORTHBP_44
No ................................................................. 1
Yes ................................................................. 2
A4. Is the participant missing any limbs?

<table>
<thead>
<tr>
<th>LIMBPB_44</th>
<th>No ......................................................... 1 Go to A6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes ......................................................... 2</td>
</tr>
</tbody>
</table>

Which limb(s)?

| LARMPB_44  | a. Left arm ................................................. 1 2 |
| RARMPB_44  | b. Right arm ................................................ 1 2 |
| LLEGPB_44  | c. Left leg ................................................ 1 2 |
| RLEGPB_44  | d. Right leg ................................................ 1 2 |

A5. Does the participant use a prosthesis (artificial limb)?

| PROSPB_44  | No ......................................................... 1 Go to A6 |
|           | Yes ......................................................... 2     |

Which limb(s)?

| PLARPB_44  | a. Left arm ................................................. 1 2 |
| PRARPB_44  | b. Right arm ................................................ 1 2 |
| PLLGPB_44  | c. Left leg ................................................ 1 2 |
| PRLGPB_44  | d. Right leg ................................................ 1 2 |

A6. Does participant have paralysis of an extremity or side of the body?

| PARAPB_44  | No ......................................................... 1 Go to PROMPT |
|           | Yes ......................................................... 2     |

Which side of the body?

| PLEFPB_44  | a. Left ..................................................... 1 2 |
| PRGTPB_44  | b. Right ................................................... 1 2 |

MEASURED WALK ATTEMPT #1:

**PROMPT: Read to Participant:**

In this test, I would like you to walk at your usual pace from this line to the line at the end of the hall. Do you think you could do that? Good. Can you see the tape? Good. Let me demonstrate what I want you to do. (DEMONSTRATE.)

To do this test, place your feet with your toes behind, but touching, the line where we start. I will time you. When I say “**Ready, go!**” walk at your usual pace to the line at the end of the hall. I will walk with you.

WHEN THE PARTICIPANT IS PROPERLY AT THE LINE, SAY “**Ready, go!**” AND BEGIN TIMING.
A7. Did the participant complete the measured walk?

WAK1_44

No .......................................................... 1
Yes ........................................................... 2
Attempted, but unable physically ........ 3

Go to A7.b

Go to A10

a. If no, was it due to:

WAK1N_44

Cognitive impairment ......................... 1
Other reason ........................................ 2

Go to A10

SPW1PB_44

Specify: ____________________________

Go to A10

b. Did the participant use an assistive device on walk?

DVW1PB_44

No ............................................................ 1
Yes .......................................................... 2

A8. What length course did the participant walk?

LCW1PB_44

3 meters .................................................... 1
4 meters .................................................... 2

A9. Time in seconds to walk course: ___ ___ . ___ ___ seconds

MEASURED WALK ATTEMPT #2:

SCNDPB_44

PROMPT: READ TO PARTICIPANT:

Now, I’d like you to try this test a second time. When I say “Ready, go!” walk at your usual pace to the line at the end of the hall. I will walk with you.

WHEN THE PARTICIPANT IS PROPERLY AT THE LINE, SAY “Ready, go!” AND BEGIN TIMING.

A10. Did the participant complete the measured walk?

WAK2_44

No .......................................................... 1
Yes ........................................................... 2
Attempted, but unable physically ........ 3

Go to A10.b

Go to Section B

a. If no, was it due to:

WAK2N_44

Cognitive impairment ......................... 1
Other reason ........................................ 2

Go to Section B

SPW2PB_44

Specify: ____________________________

Go to Section B
b. Did the participant use an assistive device on walk?

**DVW2PB_44**
- No ............................................................ 1
- Yes ........................................................... 2

A11. What length course did the participant walk?

**LCW2PB_44**
- 3 meters .................................................... 1
- 4 meters .................................................... 2

A12. Time in seconds to walk course: ___ ___ . ___ ___ seconds

**TISCPB_44**

Section B: Grip Strength

B1. Did participant attempt to perform grip strength assessment?

**ATGR_44**
- No ............................................................ 1
- Yes ........................................................... 2
  Go to B2

  a. If no, was it due to:

  **ATGRN_44**
  - Physical impairment ...................................... 1
  - Cognitive impairment .................................... 2
  - Other reason ............................................... 3
    Go to B9

  **SRGRPB_44** Specify: _____________________________ Go to B9

B2. Can the participant lift his arms to the table independently?

  a. Left arm?

  **LFLAPB_44**
  - No ............................................................ 1
  - Yes ........................................................... 2

  b. Right arm?

  **LFRAPB_44**
  - No ............................................................ 1
  - Yes ........................................................... 2

**PROMPT:** READ TO PARTICIPANT:

In this exercise, I am going to use this instrument to measure the strength in your hands.
B3. Have you had a recent worsening of pain in your wrists?

| WRSTPB_44 | No ................................................................. 1 Go to B4 |
| Yes ................................................................. 2 |

a. Do you think you could safely squeeze this as hard as you can?

| SQEZPB_44 | No ................................................................. 1 Go to B5 |
| Yes ................................................................. 2 |

B4. Have you had any surgery on your hands or arms during the last 13 weeks?

| SURGPB_44 | No ................................................................. 1 Go to B5 |
| Yes ................................................................. 2 |

**PROMPT:** READ TO PARTICIPANT:

I’d like you to take your dominant arm, place your forearm on the table, and grab the two pieces of metal together like this. (EXAMINER SHOULD DEMONSTRATE AT THIS POINT.) When I say “squeeze,” squeeze as hard as you can. The two pieces of metal will not move but I will be able to read the force of your grip on the dial. I will ask you to do this three times. If you feel any pain or discomfort, tell me and we will stop.

(DEMONSTRATE TO PARTICIPANT.)

Now you should place your arm on the table at right angles to your body. Grip the two pieces of metal with your dominant hand. Your wrist should be straight. Ready? Go! (BE SURE TO COACH: “Squeeze, squeeze, squeeze!” ALSO BE SURE TO TELL THE PARTICIPANT WHEN TO “Stop!”) DO DOMINANT HAND ONLY.

B5. Was grip strength test done?

| GRIP_44 | No ................................................................. 1 Go to B5.b |
| Yes ................................................................. 2 Go to B9 |
| At tempted, but unable physically .......... 2 |

a. If no, was it due to:

| GRIPN_44 | Cognitive impairment .......................... 1 Go to B9 |
| Other reason ........................................... 2 |

| SGRTPB_44 | Specify: ___________________________________ Go to B9 |

b. Which hand was tested (dominant hand)?

| GHNDPB_44 | Left ......................................................... 1 |
| Right ......................................................... 2 |
B6. First try: ___ ___ KG TRY1PB_44
B7. Second try: ___ ___ KG TRY2PB_44
B8. Third try: ___ ___ KG TRY3PB_44
B9. Time ended: ___ ___ : ___ ___ AM 1 PM 2 FRTEH_44 FRTEM_44 FRTEZ_44