Timed Walking and Hand Grip Assessments

Section A: Measured Walk

A1. Does the participant use an assistive device for walking?
○ No [Go to A2] ○ Yes [ADEV_P45]

  a. What type of device? (Select all that apply)
  - Standard cane [ ]
  - Quad cane [ ]
  - Walker [ ]
  - Wheelchair [ ]
  - White cane [ ]
  - Crutches (1 or 2) [ ]
  - Other [ ]

    Specify: [SPDVPB_45]

A2. Is the participant wearing a lower extremity orthosis (plastic or metal leg brace at or above the ankle)?
○ No ○ Yes [ORTHPB_45]

A3. Is the participant missing any limbs?
○ No [Go to A5] ○ Yes [LIMBPB_45]

  Which limb(s)?
  No ○ Yes
  - Left arm [LARMBP_45]
  - Right arm [RARMBP_45]
  - Left leg [LLRMBP_45]
  - Right leg [RLRMBP_45]

A4. Is the participant wearing a prosthesis (artificial limb)?
○ No [Go to A5] ○ Yes [PROSPB_45]

  Which limb(s)?
  No ○ Yes
  - Left arm [PLARBP_45]
  - Right arm [PRARBP_45]
  - Left leg [PLLGBP_45]
  - Right leg [PRLGBP_45]

A5. Does the participant have paralysis of an extremity or side of the body?
○ No [Go to A5] ○ Yes [PARABP_45]

  Which side of the body?
  No ○ Yes
  - Left [PLEFBP_45]
  - Right [PRGTPBP_45]

A6. Was the measured walk test attempted?
○ No ○ Yes [ATWK_45]

  a. If NO, was it due to:
  - Physical impairment [ATWK_45]
  - Cognitive impairment [Go to Section B]
  - Other reason [ ]

    Specify: [SRWKPB_45]
MEASURED WALK ATTEMPT #1:

PROMPT: Read to Participant:
In this test, I would like you to walk at your usual pace starting at this line and crossing 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 and cross 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?

No .................................... WAK1_45
Yes .................................... Go to A7.a

Attempted, but unable physically ........................................... Go to A7.b

Explain:

Specify: SPW1PB_45

A. If NO, was it due to:

Cognitive impairment ........................................ Go to A11
Other reason .......................................................... Go to A11

Specify: SPW1PB_45

b. If YES, did the participant use an assistive device on the walk?

Go to A10.a

Go to A10.b

A8. What length course did the participant walk?

3 meters ........................................ Go to A7.a
4 meters ........................................ Go to A7.b

A9. Time in seconds to walk course: seconds

SCNDPB_45

MEASURED WALK ATTEMPT #2:

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 and cross 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?

No .................................... WAK2_45
Yes .................................... Go to A10.a

Attempted, but unable physically ........................................... Go to A10.b

Explain:

Specify: SPW2PB_45

A. If NO, was it due to:

Cognitive impairment ........................................ Go to Section B
Other reason .......................................................... Go to Section B

Specify: SPW1PB_45

b. If YES, did the participant use an assistive device on walk?

Go to Section B

A11. Time in seconds to walk course: seconds

TI5C5PB_45

Section B: Grip Strength

PROMPT: Read to Participant:
In this exercise, I am going to use this instrument to measure the strength in your dominant hand.

B1. Have you had any recent pain in your wrist or any acute flare-up of your hand or wrist from conditions like arthritis, tendonitis, or carpal tunnel syndrome?

No ..................................... Go to B1
Yes ..................................... Go to B1

a. Left wrist?

No ..................................... Go to B1
Yes ..................................... Go to B1

b. Right wrist?

No ..................................... Go to B1
Yes ..................................... Go to B1
B2. Have you had any surgery on your hands or arms during the last 13 weeks?
   ○ No  Go to B3  ○ Yes  SURGPB_45
   a. Left arm?
      ○ No  ○ Yes  LSURG_45
   b. Right arm?
      ○ No  ○ Yes  RSURG_45

B3. Which hand is your dominant hand?
   Left  GLNDPB_45
   Right  GLNDPB_45

B4. Do you think you could safely squeeze this instrument as hard as you can with your dominant hand?
   ○ No  Go to B5.
   ○ Yes  SQEZPB_45

B5. Did participant attempt to perform the grip strength assessment?
   ○ No  Go to B6.
   ○ Yes  SURGPB_45
   a. If NO, was it due to:
      Physical impairment  ATGR_45
      Cognitive impairment  ATGR_45
      Other reason  ATGRN_45
      Specify:  SRGRPBP_45

B6. Was grip strength test done?
   No  GRIP_45  Go to B6.a
   Yes  GRIP_45  Go to B7
   Attempted, but unable physically  Go to B10
   Explain:
   __________________________
   __________________________

B6.a. If NO, was it due to:
   Cognitive impairment  GRIPN_45
   Other reason  GRIPN_45
   Specify:  SGRTPB_45

B7. First try:
   KG
   0  1  2  3  4  5  6  7  8  9  TRY1BP_45

B8. Second try:
   KG
   0  1  2  3  4  5  6  7  8  9  TRY2BP_45

B9. Third try:
   KG
   0  1  2  3  4  5  6  7  8  9  TRY3BP_45

PROMPT: Read to Participant:
I'd like you to take your dominant arm, bend your elbow at a 90 degree angle, press your arm against your side, 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 until I say "stop". 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 bend your elbow at a 90 degree angle, press your arm against your side, and grip the two pieces of metal with your dominant hand. Your wrist should be straight. Ready? Go!
(SEE TO COACH: "Squeeze, squeeze, squeeze!" ALSO BE SURE TO TELL THE PARTICIPANT WHEN TO "Stop") DO DOMINANT HAND ONLY.
B10. Record time ended:  

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<tr>
<th>HR</th>
<th>MIN</th>
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<td>1</td>
<td>2</td>
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SERIAL #