

Timed Walking and Hand Grip Assessments

MACSID: _____ **MACSID**

Visit #: _____ **VISIT_44**

Examiner Code: _____ **MWEXA_44**

Date: _____ / _____ / _____
M M D D Y Y

Time Began: _____ : _____ AM ... 1
 _____ PM ... 2

DATFM_44
DATFD_44
DATFY_44

FRTBH_44
FRTBM_44
FRTBZ_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 **Go to Section B**
 Cognitive Impairment 2 **Go to Section B**
 Other Reason 3

SRWKP_44 Specify: _____ **Go to Section B**

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

ADEV_44 No 1 **Go to A3**
 Yes 2

a. What type of device?

TYPDP_44 Standard cane 1
 Quad cane 2
 Walker 3
 Wheelchair 4
 White cane 5
 Crutches (1 or 2) 6
 Other 7

SPDVP_44 Specify: _____

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

ORTHP_44 No 1
 Yes 2

A4. Is the participant missing any limbs?

LIMBPB_44 No 1 **Go to A6**
 Yes 2

Which limb(s)? No Yes

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)? No Yes

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? No Yes

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 **Go to A7.b**
- Attempted, but unable physically 3 **Go to A10**

a. If no, was it due to:

- WAK1N_44** Cognitive impairment 1 **Go to A10**
- Other reason 2

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

SCNDPB_44

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 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 **Go to A10.b**
- Attempted, but unable physically 3 **Go to Section B**

a. If no, was it due to:

- WAK2N_44** Cognitive impairment 1 **Go to Section B**
- Other reason 2

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 **Go to B9**
- Cognitive impairment 2 **Go to B9**
- Other reason 3

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
 Yes 2 **Go to B5.b**
 Attempted, but unable physically 2 **Go to B9**

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