

Dynamic Gait Index

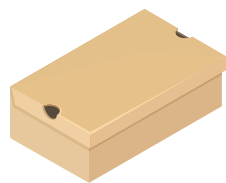
A Test to Evaluate Risk of Falling

What's the purpose?

The Dynamic Gait Index evaluates your gait, or how you walk, and your ability to maintain your balance as you walk while performing different tasks. It is most often used to evaluate the risk of falling in older adults. During this test, your therapist will ask you to maintain your balance while you walk and switch from one task to another. The test takes about 15 minutes.

What do I have to do?

- Walk 20 feet at your normal pace
- Walk at your normal pace for five feet, then walk as fast as you can for five feet, then walk slowly for five feet
- Walk at your normal pace while turning your head to the right and to the left
- Walk at your normal pace, then turn around to face the opposite direction and stop
- Walk at your normal pace, step over a shoebox and continue walking
- Walk up a set of stairs. At the top of the stairs, turn and walk down



Have a conversation with your healthcare provider about what the results mean for you as an individual.

What does my score mean?

Each task is scored between 0 and 3, with 0 indicating the lowest level of function and 3 the highest for a total possible score of 24. Lower scores indicate a higher risk of falling.



To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802

