

Clinical Mobility Scale

Overview:

A Clinical Mobility Scale can be used to assess a patient's degree of mobility over time.

Parameters:

(1) upright posture

(2) walking

(3) gait

(4) sitting

(5) stair climbing

(6) hand-held appliances

(7) wheelchair

(8) time usage

Mobility Parameter	Finding	Rating
upright posture (how patient functions with or without prosthesis)	does not stand	0
	stands only with personal assistance	1
	stands with the assistance of a hand-held appliance (crutch cane walker)	2
	stands without assistance	3
walking (how patient functions with or without prosthesis)	does not walk	0
	walks only with personal assistance	1
	walks with the assistance of a hand-held appliance (crutch cane walker)	2
	walks without assistance	3
gait (how patient functions with or without prosthesis)	walks slowly or not at all	0
	walks at a moderately slow pace	1
	walks briskly	2
	can jog or run	3
sitting (how patient functions with or without prosthesis)	sits only for short periods of time and prefers to lie down	0

	sits without discomfort for short periods of time (1 hour)	1
	sits without discomfort for longer periods of time (over 1 hour)	2
	sits without discomfort	3
stair climbing (how patient functions with or without prosthesis)	cannot climb stairs	0
	climbs stairs with assistance of another person	1
	climbs stairs with assistance of hand rail and/or crutches	2
	climbs stairs unassisted	3
hand-held appliances (crutches and canes)	cannot use crutches or cane	0
	must use crutches	1
	uses single crutch or cane or two crutches intermittently	2
	uses no hand-held appliance	3
wheelchair	moves with the aid of wheelchair most of time	0
	moves with the aid of wheelchair only for long distances	1
	occasionally uses wheelchair	2
	never uses wheelchair	3
time usage	spends most day in bed or on couch at home	0
	spends most of day in chair at home	1
	spends most of day ambulatory but confined to the house	2
	spends most of day ambulatory	3

mobility assessment score = (points for upright posture) + (points for walking) + (points for gait) + (points for sitting) + (points for stair climbing) + (points for hand-held appliances) + (points for wheelchair) + (points for time usage)

Interpretation:

- minimum score 0 = least mobile
- maximum score 24 = most mobile

References:

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