

North Star Ambulatory Assessment Worksheet

V2.1 15/10/2020

Name	Date
DOB	Examiner

Activity	2	1	0	Score
1. Stand *3	Stands upright, still, symmetrical, without compensation (heels flat and hips in neutral rotation) for minimum count of 3 seconds	Stands still but with compensation (e.g. on toes or with legs abducted or with bottom stuck out/hip flexion, etc.) for minimum count of 3 seconds	Cannot stand still or cannot stand independently, needs support (even minimal)	
2. Walk *3	Walks consistently with heel-toe or flat-footed gait pattern	Persistent or habitual toe walker, unable to heel-toe consistently	Loss of independent ambulation – may use knee-ankle-foot orthosis (KAFO) or walk short distances with assistance	
3. Stand up from chair *3	Able to stand up keeping arms folded	With help from thighs / push on chair / prone turn or alters starting position by widening base (moving feet apart)	Unable	
4. Stand on one leg – right *3.5	Able to stand upright in a relaxed manner (no fixation) for a count of 3 seconds	Stands but either momentarily or with trunk side-flexion (20°) or needs fixation e.g. by thighs adducted	Unable	
5. Stand on one leg – left *3.5	Able to stand upright in a relaxed manner (no fixation) for a count of 3 seconds	Stands but either momentarily or with trunk side-flexion (20°) or needs fixation e.g. by thighs adducted	Unable	
6. Climb box step – right *3	Faces step – no support needed	Goes up sideways / rotates trunk / circumducts hip / needs hands for balance or hands on legs	Unable to perform independently	
7. Descend box step – right *3.5	Faces forward, steps down controlling weight-bearing leg. No support needed	Sideways / skips down / needs hands for balance or hands on legs	Unable without more than minimal support, or requires hands for support	
8. Climb box step – left *3	Faces step – no support needed	Goes up sideways / rotates trunk / circumducts hip / needs hands for balance or hands on legs	Unable to perform independently	
9. Descend box step -left *3.5	Faces forward, steps down controlling weight-bearing leg. No support needed	Sideways / skips down / needs hands for balance or hands on legs	Unable without more than minimal support, or requires hands for support	
10. Lifts head *4	In supine, full neck flexion, head must be lifted in mid-line. Chin moves towards chest	Head is lifted through side flexion, partial neck flexion, or with protraction	Unable. No clearance of head from surface	
11. Gets to sitting *3	Starts in supine – may use one hand / arm to push up	Uses two arms / pulls on legs or turns towards floor or uses momentum/rocking	Unable	
12. Rise from floor *4	No evidence of Gower’s manoeuvre.	Exhibits at least one of the components described above – in particular rolls towards floor, and/or use hand(s) on legs	(a) NEEDS to use external support object e.g. chair, wall OR (b) Unable NO TIME RECORDED	
13. Stands on heels *3.5	Both feet at the same time, clearly standing on heels only (acceptable to move a few steps to keep balance) for count of 3	Raises forefoot on both feet – all metatarsal heads off ground – or clearly dorsiflexes one foot only	Unable	
14. Jump *3	Both feet at the same time, clear the ground simultaneously and land at the same time	One foot after the other (skip) or does not fully clear both feet at the same time	Unable	
15. Hop right leg *4	Entire foot clears the floor	Able to bend knee AND raise heel, no floor clearance	Unable or only raises heel	
16. Hop left leg *4	Entire foot clears the floor	Able to bend knee AND raise heel, no floor clearance	Unable or only raises heel	
17. Walk Run (10 m) *3	Both feet off the ground (no double stance phase during running)	‘Duchenne jog’ or fast walk	Walk	
TOTAL=				/34

Timed RFF: no time if uses furniture _____ . _____

Timed 10m run / walk _____ . _____

Age at which 85% of controls achieve full score *3 = 3 years of age, *3.5 = 3.5 years of age, *4 = 4 years of age (Mercuri 2016)