

# North Star Assessment for Dysferlinopathy

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Dr Anna Mayhew, Dr Michelle Eagle and Meredith James, Newcastle Muscle Team

## 1. NORTH STAR ASSESSMENT FOR DYSFERLINOPATHY (NSAD)

The original North Star Ambulatory Assessment was developed for DMD by the Physiotherapy Assessment and Evaluation Group of the North Star Clinical Network in conjunction with Elaine Scott. The North Star Project is supported by Muscular Dystrophy Campaign. The revised NSAD for adults with dysferlinopathy is based on clinical expertise and modern psychometric analysis and has been conducted by Michelle Eagle, Meredith James and Anna Mayhew. It incorporates useful items from the MFM 20 which have been modified to be disease specific.

Clear explanations of the methods employed to achieve motor goals are given but it is not possible to be exhaustive in the descriptions, particularly of modifications to activity. One of the goals of this project is to further define common adaptations to movement in people with dysferlinopathy. Generally however activities are graded in the following manner:

2 - 'Normal' – no obvious modification of activity

1 - Modified method but achieves goal independent of physical assistance from another



0 - Unable to achieve independently

### General test instructions


- If you think that the subject is capable of a better performance, it is acceptable to ask for the item to be repeated. Re-score if appropriate. You should attempt all activities at each assessment.
- Do not use a mat unless it is required to gain co-operation. If a mat must be used, make sure it is not heavily padded. Note in comments and do so for all subsequent evaluations
- Shoes and socks should be removed for all items

**NOTE: Timed rise from the floor, timed run 10 metres are graded 0-2 for the NSAA but are also further differentiated (see section 'timed graded functional activities'). The items only need to be performed during the NSAA.**

### Test item 1: Lifts head from supine

Starting position	Supine on a plinth or floor, arms folded across chest. No pillow should be used.		
Instruction	Can you lift your head to look at your toes keeping your arms folded?		
Scoring detail	Ask subject to keep arms crossed over chest during the activity to avoid self-assist. Also ask to look at toes to ensure neck is flexed 'lift your head and look at your toes'		
Activity	1	0	
Lifts head from supine	In supine, head must be lifted in mid-line. Chin moves towards chest	Unable. No clearance of head from surface or only partially achieved movement	
Photographs / Notes			Score 0 - Didn't achieve full range of flexion
	Score 1 – Chin on chest		

### Test item 2: Hand to opposite shoulder

Starting position	Supine on a plinth or floor, arms by side. Pillow may be situ.		
Instruction	Can you bring one hand to the opposite shoulder		
Scoring detail	Score best effort R or L and mark on worksheet which arm was used.		
Activity	2	1	0
Hand to opposite shoulder	Raises hands and moves it to opposite shoulder	Raises hand and moves it to opposite shoulder using compensatory movements	Unable
Photographs / Notes			
	Score 2 no compensation		

### Test item 3: Hip flexion in supine

Starting position    Supine on a plinth or floor, arms by side. Pillow may be situ.

Instruction            Can you bend one hip and knee up towards your chest?

Scoring detail

Activity	2	1	0
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Hip flexion supine	In supine flexes hip and knee more than 90° by raising foot through whole movement	Partially flexes hip and knee ( $<90^{\circ}$ , $>20^{\circ}$ ) or foot remains in contact with mat	Unable
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Photographs /  
Notes



Score 2





Score 1 Partial hip flexion



Score 1 Foot in contact with bed

### Test item 4: Bridging in supine

Starting position	Supine on a plinth or floor, arms by side. Pillow may be situ.		
Instruction	Can you bend both hips and knees so your kneecaps point up to the ceiling and your feet stay on the floor?		
Scoring detail	<p>You can help them achieve the crook-lying position.</p> <p>Score 2 – clear lift of bottom off bed with kneecaps pointing up, feet slightly apart and knees not touching.</p> <p>Score 1 – Some wobble is allowed of the legs as they partially raise pelvis but they must not clamp their knees together in order to lift their pelvis off.</p>		
Activity	2	1	0
Bridging in supine	Maintains position of bottom off bed for count of 5, kneecaps pointing up, feet slightly apart, knees not touching	Maintains the starting position for 5 seconds then partially raises the pelvis	Unable
Photographs / Notes	 <p>Score 2 Full bridge position</p>	 <p>Score 1 Partial elevation of pelvis</p>	

### Test item 5: Rolling supine to prone

Starting position	Supine on a plinth or floor, arms by side. No pillow		
Instruction	Can roll onto your tummy?		
Scoring detail	This item can be observed as they perform the MMT part of the assessment.		
Activity	2	1	0
Rolling supine to prone	Turns over into prone and frees both arms from under trunk	Rolls partially / to side	Unable
Photographs / Notes			

## Test item 6: Gets to sitting

**Starting position** Starting position supine on the floor, with arms by side. No pillow should be used under head.

**Instruction** Can you get from lying into sitting?

**Scoring detail** Aim is to move into long sitting rather than sitting over the edge of a plinth. Use of one hand or arm is acceptable to achieve a score of 2. Score 1 if subject turns into prone or towards the floor/plinth to work their way into sitting or if uses two arms.

**Activity** 2 1 0

**Gets to sitting** Starts in supine – may use one hand / arm to push up Uses two arms / pulls on legs or turns towards floor. Unable

**Photographs /notes**



Score 2 – Uses no hands



Score 1 - Pulls with both hands on legs



Score 2 - Only needs one arm to sit up

## Test item 7: Reaches forward

**Starting position** Sitting on floor or plinth in long sitting. Knees may be flexed to accommodate tight hamstrings.  
Ball placed on plinth far forward enough so they have to use 30 degrees of trunk flexion to touch ball.

**Instruction** Can you reach forward and touch this ball with both hands?

**Scoring detail** Score 2 – uses both hands to reach forward and touch ball and return to upright sitting  
Score 1 – uses one hand for balance and one hand to touch ball and also returns to upright sitting.

Activity	2	1	0
Reaches forward	Without upper limb support, leans forward, touches ball and sits back again	With upper limb support, leans forward, touches ball and sits back again	Unable

**Photographs /notes**



Score 2 Reaches forward 30° knees flexed



Score 1 Needs hand on bed for support



Score 2 Reaches forward 30° legs extended

## Test item 8: Stand up from chair

**Starting position** Sitting in chair or on plinth with arms folded across chest and with feet able to reach floor or supported on secure box. Starting position 90° hips and knees.

**Instruction** Can you stand up from the chair keeping your arms folded if you can?

**Scoring detail** A size-appropriate chair (without armrests) or height adjustable plinth should be used. Alternatively a box step under the feet to achieve the correct starting position could be used. Score 2 - Arms should be kept crossed throughout the activity to score 2

Activity	2	1	0
Stand up from chair	Able to stand up keeping arms folded	Pushes on thighs or chair using one or two hands / prone turn or alters starting position by widening base	Unable

**Photographs/notes**



Score 2 – keeps arms folded



Score 1 – pushes with hands



Score 0 -Needs to use furniture

### Test item 9: Stand to sit on chair

**Starting position** Standing with chair / plinth behind patient (close to or touching legs and secure so chair wont slip) Chair should be at a height so that when patient sits in it their hips and knees are at 90 degrees.

**Instruction** Can you sit down in a controlled way?

**Scoring detail** Score 2 – Does not use hands on chair or body and able to sit down in a controlled fashion  
Score 1 – uses one or two hands on body or chair to sit down safely

**Activity** 2 1 0



**Stand to sit on chair** Able to sit down without using arm support in a controlled way      With arm support, able to sit down in chair safely      Unable to sit down without assistance

**Photographs /notes**





## Test item 10: Stand

Starting position	Feet should be no further than 10cm apart and heels on the ground if possible. Arms by sides. NO shoes should be worn.		
Instruction	Can you stand up tall for me for as long as you can and as still as you can for three seconds with your heels flat on the ground?		
Scoring detail	<p>When counting to 3 – Use “And 1 - and 2 - and 3” so that three seconds is achieved on the word of 3.</p> <p>Best done on the floor rather than on a mat. Whichever is chosen maintain consistency through repeated testing sessions.</p> <p>Score 2 - Minimum count of 3 seconds.</p>		
Activity	2	1	0
Standing	Stands upright, still, symmetrical, without compensation (heels flat legs in neutral) for minimum count of 3 seconds	Stands but with compensation	Cannot stand independently, or needs support (even minimal)
Photographs/ notes	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Score 2 - Symmetrical heels flat</p> </div> <div style="text-align: center;"> <p>Score 1 - Asymmetrical, heel up, everted</p>  <p>Score 1 -postural adaptation</p> </div> </div>		

## Test item 11: Walk

Starting position Standing. Observe walk for at least 10 steps in both sagittal and coronal planes.

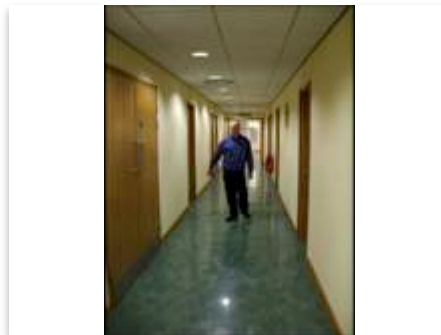
Instruction Can you walk from A to B (state to and where from) for me?

Scoring detail Walk without shoes/socks on.

Activity	2	1	0
Walk 10m	Walks consistently with heel-toe or flat-footed gait pattern	Adapted walking pattern e.g. wide base, altered foot posture, other please define in comments	Loss of independent ambulation – may use knee-ankle-foot orthosis (KAFO) or walk short distances with assistance



Score 1 – Externally rotated hips



## Test item 12 & 13: Stand on one leg R & L

Starting position Standing. NO Shoes should be worn.

Instruction Can you stand on your right / left leg for as long as you can?

Scoring detail Do not use mat.  
Score 2 – Minimum count of 3 seconds required

Activity 2 1 0

Stand on one leg Able to stand in a relaxed manner (no fixation) for count of 3 seconds  
Stands but momentarily or with trunk side-flexion or needs fixation e.g. by thighs adducted or other trick  
Unable

Photographs / notes



Score 2 – Relaxed and no fixation



Score 1 -Hooks leg behind standing leg



Score 1 -Postural compensation / leaning to side

Score 0 -If needs to hold onto a table or person for support or unable to clear foot from the floor



## Test item 14 & 16: Climb box step R &L

**Starting position** A box step 15cm high is used to assess single step climb and descend. Standing in front of box step, toes no more than 20cm away from box step

**Instruction** Can you step onto the top of the box using your right /left leg first?

**Scoring detail** Box step should be approximately 15 cm high. Support may be provided by the use of a height adjustable plinth, or, if not available one 'neutral' hand from the therapist (no taking "weight" of subject).

**Activity** 2 1 0

**Climbs box step** Faces step – no support needed      Goes up sideways / rotates trunk / circumducts hip or needs support      Unable

**Photographs / notes**



Score 1 – Needs support



Score 2 – Faces step



### Test item 15 & 17: Descend box step R & L

Starting position	Standing on box step		
Instruction	Can you step down from the box using your right / left leg first?		
Scoring detail	Box step should be approximately 15 cm high. Support may be provided by the use of a height adjustable plinth, or, if not available one 'neutral' hand from the therapist		
Activity	2	1	0
Descends box step	Faces forward, steps down controlling weight bearing leg. No support needed	Sideways, skips down, Pushes on leg, or needs support or uses method that avoids flexing supporting knee (one on the box step)	Unable



### Test item 18: Touches floor from standing

Starting position Standing upright. Arms by sides. Near plinth or chair for support if required.

Instruction Can you reach down and touch the floor?

Scoring detail  
 Score 2 – If they are unable to touch the floor due a lack of flexibility in their spine and hips it is acceptable to score 2 if they are short by no more than 20cm off the ground  
 Score 1 – support can be hand(s) on body or plinth or chair

Activity 2 1 0

Touches floor from standing	Without support, touches floor with one hand and stands up again	With support (arm on floor, body, plinth) touches floor with one hand and stands up again	Unable, able to touch floor but cannot get back up again
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Photographs/  
 notes



Score 2 – Touches floor without using hands or hands on legs



Score 1 – Uses arm on leg for support

## Test item 19: Rise from floor

### Starting position



Starting position in long sitting on floor with arms by sides, legs straight if possible

### Instruction

Give the following verbal instructions to the subject: **“When I say GO can you get up as fast as you can and stand up straight with your arms by your side using as little support as possible”**. Give the command **“Ready steady – GO”** and start the stopwatch when saying **“GO”**. Stop the timer when the subject assumes an upright position with his arms by his side.

### Scoring detail / Diagram



Activity should be attempted without use of furniture in the first instance.

Score 1: If the person gets to standing independently of any furniture but demonstrates *any part* of the manoeuvre described below.

Components of Gower’s manoeuvre:

- Turns towards the floor (into a four-point kneeling position or rolls to prone)
- Places hands on the floor to assist rising and walks hands back in towards him
- Uses one or both arms to push up on legs to achieve upright standing.
- Large base of support by abducting hips and extending knees

**Test item 19: Rise from floor**

<b>Activity</b>	<b>2</b>	<b>1</b>	<b>0</b>
<b>Rise from floor</b>	No evidence of Gower's maneuver.	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 OR (b) Unable

**Photographs / Note**



Score 2 - Doesn't roll. Uses only 1 hand on floor



Score 1 - Rolled over used hands on floor



Score 2 No hands on legs to rise





## Test item 20: Stands on heels

Starting position	Standing on the floor. No shoes to be worn.		
Instruction	Can you stand on your heels?		
Scoring detail	Must clear both feet at the same time to score 2. Watch for inversion. If substantial inversion but forefeet are still lifted – score 1. If only inversion with lateral border of foot still on the ground score 0.		
Activity	2	1	0
Stand on heels	Both feet at the same time, clearly standing on heels only (acceptable to move a few steps to keep balance) for count of 3	Only raises forefeet or only manages to dorsiflex one foot or can only evert.	Unable

Photographs / Notes



Score 2 – Both feet raised

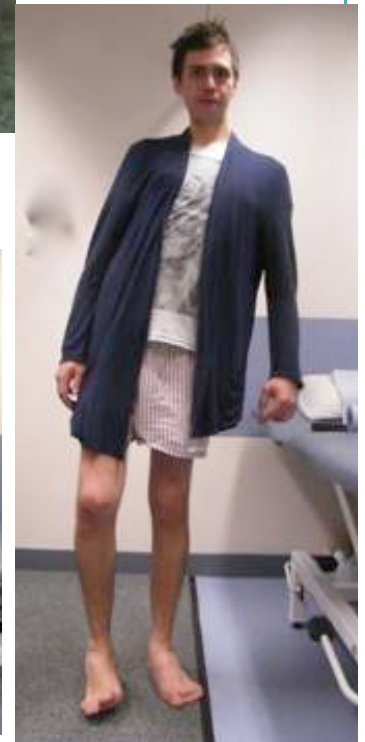


Score 1 - Both feet raised but only forefoot, everting



Score 1 Raised forefoot only

Score 0 –inversion and feet remain on floor



## Test item 21: Jump

Starting position      Standing on the floor, feet comfortably close together

Instruction      How high can you jump?

Scoring detail      Want height, not forward movement. Small amount of forward movement acceptable  
Score 0 – If unable to leave floor or if they skip jump (one foot then the other)



Activity      1      0

Jump      Both feet at the same time, clear the ground simultaneously      Unable

Photographs / Notes      Score 1 clears floor, both feet at the same time      Score 0 - Feet do not leave floor



## Test item 22 & 23: Hop R & L leg

Starting position	Starting position standing on floor on right / left leg. No shoes should be worn.	
Instruction	Can you hop on your right / left leg?	
Scoring detail	Score 1 - Needs obvious floor clearance.	
Activity	1	0
Hop	Clears forefoot and heel off floor	Unable
Photographs / Notes	Score 2 – Clears foot off floor	Score 0 – not leaving the floor
		

## Test item 24: Squat down

Starting position	Standing		
Instruction	Can you bend down to the floor bending your knees like this? (show them the manoeuvre)		
Scoring detail	For score 1 please tick whether they used the floor or their hands on their thigh. One tick for one hand, two ticks for two hands. They would score 0 is they used furniture.		
Activity	2	1	0
Squat	Squats down fully with arms free (more than 90° of hip and knee flexion)	Uses one or two hands on thighs or floor to assist full squat On thigh <input type="checkbox"/> On floor <input type="checkbox"/>	Unable

### Photographs / Notes



Score 2 – full squat – no hands



Score 1 – uses hands on floor to assist full squat



Score 0 – Unable to squat

## Test item 25: Rise from squat

Starting position	Squatting
Instruction	Can you now stand up from that position?
Scoring detail	For score 1 please tick the boxes to indicate whether they used a hand on the floor or on their thigh. Tick both boxes if they used one hand on the floor and one hand on their thigh. They would score 0 if they first went onto all fours or onto their knees to rise from squat or if they used furniture.

Activity	2	1	0
Rise from squat	Stands up from full squat without using arms / hands on floor or legs	Uses one or two hands to rise from squat to stand On thigh <input type="checkbox"/> On floor <input type="checkbox"/>	Unable to get back up from squat without assistance or uses furniture

Photographs / Notes



Score 2 -No use of arms



Score 1 – Uses hands on floor to rise from squat

**Test item 26: High kneeling to stand through right leg (leading with left leg)**

**Starting position** High kneeling, arms free


**Instruction** Can you stand up from this position starting with your left leg without using your hands?  
May need demonstration  
Have a bench nearby in case the subject requires support for balance or strength

**Scoring detail / Diagram** Scores 2: The subject independently transitions from high kneeling to standing via right half kneel without arm support. Half kneeling on the right knee must be used in the transition from high kneeling to stand.  
Scores 1: Able to stand through R leg (leading with left leg) using hand(s) on body or floor.  
Scores 0: The subject is unable to achieve standing though half kneel or uses furniture to do so.


Activity	2	1	0
<b>High kneel to stand through right half kneel</b>	Able with arms free	Able to stand up through R half kneeling using hands on floor or legs (Furniture NOT allowed)	Unable

**Photographs / Notes**

Score 2– Able to rise through half kneeling without using hands



Score 1 - Subject uses arms to initiate standing and can stand up



**Test item 27: High kneeling to stand through left leg (leading with right leg)**

**Starting position** High kneeling, arms free

**Instruction** Can you stand up from this position starting with your right leg without using your hands?  
 May need demonstration  
 Have a bench nearby in case the subject requires support for balance or strength

**Scoring detail / Diagram**

Scores 2: The subject independently transitions from high kneeling to standing via right half kneel without arm support. Half kneeling on the left knee must be used in the transition from high kneeling to stand.

Scores 1: Able to stand through L leg (leading with right leg) using hand(s) on body or floor.

Scores 0: The subject is unable to achieve standing though half kneel or uses furniture to do so.

Activity	2	1	0
<b>High kneel to stand through right half kneel</b>	Able with arms free	Able to stand up through L half kneeling using hands on floor or legs (Furniture NOT allowed)	Unable

**Photographs / Notes**

Score 2 Subject stands from high kneeling through left half kneel without the use of arm support (is not using elbow)



Score 1 Subject moves from high kneel to left half kneel and uses arm support to stand.



## Test item 28: Stand on tiptoes

Starting position Standing

Instruction Can you stand on your tiptoes?

Scoring detail For a score 2, it is possible for the subject to use furniture for balance but not support or weight bearing

Activity	2	1	0
Stand on tip toes	Tiptoes on one foot, clearly on toes for count of 3, knee straight	Both feet at the same time, clearly on toes for count of 3, knees straight	Unable / momentarily / knees flexed

Photographs / Notes



Score 2 Single heel raise, Knee straight



Score 2 Single heel raise, rail for balance only



Score 1 – Up on toes of both feet for count of 3, knees straight



Score 0: Knees flexed to lift heels



## Test item 29: Run (10 metres)

Starting position	Standing		
Instruction	Give the following verbal instructions to the subject: "When I say GO you go as fast as you safely can all the way to me." Give the command "ready steady – GO" and start the stopwatch when saying "GO". Give encouragement as necessary. Stop the timer when the second foot clears the finish line.		
Scoring detail	A straight 10m walkway should be clearly marked in a quiet department or corridor. A stopwatch should be used to time the walk. Preferably no shoes to be worn. Ensure safety of subject. They should self select speed after being asked to go 'as fast as they can'. Score 1 – Faster than a walk but no time in 'flight' Both feet are never off the ground at the same time. May use excessive use of arms, trunk rotation, substantial 'waddle'. No real 'push-off'		
Activity	2	1	0
Run	Both feet off the ground (no double stance phase during running)	Faster than a walk.	Walk

### Photographs / Notes



Score 2 - Both feet off the ground  
Definite 'run'



Score 1 - Picks up speed but waddles and always has double stance

## 2. TIMED FUNCTIONAL TESTS

### Rise from floor (NSAD Item 19)

- **No shoes or socks to be worn**
- Place the subject in a long sitting position on the floor with his arms by his sides and his legs in front of him.
- Give the following verbal instructions to the subject: **“When I say GO you get up as fast as you can and stand up straight with your arms by your side”**.
- Give the command **“Ready steady – GO”** and start the stopwatch when saying **“GO”**.
- Stop the timer when the subject assumes an upright position with his arms by his side.
- Only provide a chair after the subject has attempted to stand from the floor for 30 seconds and failed.

#### *Grading Rise from floor*

Assign 1 of the following grades:

- 1= Unable to stand from supine, even with use of a chair
- 2= Assisted Gower's – requires furniture for assist in arising from supine to full upright posture
- 3= Rolls over, stands up with both hands “climbing up” the legs to achieve full upright posture.
- 4= Rolls over, stands up with 1 hand support on leg
- 5= Rolls to the side and stands up with one or both hands on the floor to start to rise but does not touch legs
- 6= Stands up without rolling over or using hands on legs

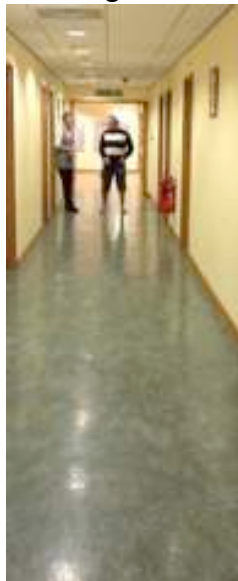
## 10 metre walk/run (NSAD Item 29)

### Preparation

- **No shoes, socks or orthoses should not be worn** for this test
- NOTE: An additional timed walk/run is performed to determine ambulatory status at the beginning of the assessment in shoes and using any orthotics and walking aids.

Mark out 10m distance in quiet area if possible

Starting position Standing at start of marked distance



### Instructions

On the word “GO” go as fast as you can to “x”. Define point x.

### Timing

Start timing on the word go and stop when the second foot passes the 10 metre mark.

### Grading

- 1 Unable to walk even with aids
- 2 Able to walk with a walking aid (sticks, Frames)
- 3 Walk but cannot pick up speed
- 4 Walking but able to pick up speed
- 5 Picking up speed, nearly running but still using double stance phase. Uses compensatory movements
- 6 Running - no double stance phase, no excessive trunk and upper limb movement

## North Star Assessment for Dysferlinopathy worksheet

Name:	Date of test (dd/mmm/yy): __ / ___ / __
Physiotherapist:	

Activity\Score	2	1	0	Achieved Score
1. Lifts head in supine		In supine, head must be lifted in mid-line. Chin moves towards chest	Unable	
2. Hand to opposite shoulder	Raises hands and moves it to opposite shoulder	Raises hand and moves it to opposite shoulder using compensatory movements	Unable	R L
3. Hip flexion in supine	In supine flexes hip and knee more than 90° by raising foot through whole movement	Partially flexes hip and knee (<90°, > 20°) or foot remains in contact with mat	Unable	R L
4. Bridging in supine	Maintains position of bottom off bed for count of 5, kneecaps pointing up, feet slightly apart, knees not touching	Maintains the starting position for 5 seconds then partially raises the pelvis	Unable	
5. Rolling supine to prone	Turns over into prone and frees both arms from under trunk	Rolls partially / to side	Unable	
6. Gets to sitting	Starts in supine – may use one hand to assist	Self assistance, e.g.: pulls on legs or uses head-on-hands or head flexed to floor	Unable	
7. Reaches forwards	Without upper limb support, leans forward, touches ball and sits back again	With upper limb support, leans forward, touches ball and sits back again	Unable	
8. Stand up from chair	Keeping arms folded. Starting position 90° hips and knees, feet on floor/ supported on a box step. Feet hip-width apart.	With help from thighs or push on chair or prone turn or alters position by widening base	Unable	
9. Stand to sit on chair	Able to sit down without using arm support in a controlled way	With arm support, able to sit down in chair safely	Unable to sit down without assistance	
10. Stand	Stands upright and symmetrically, without compensation (with heels flat and legs in neutral) for minimum count of 3 seconds	Stands but with some degree of compensation	Cannot stand independently, needs support	
11. Walk (10 m)	Walks consistently with heel-toe or flat-footed gait pattern	Adapted walking pattern e.g. wide base, altered foot posture, other please define in comments.	Loss of independent ambulation – may use knee-ankle-foot orthosis (KAFO) or walk with assistance	
12. Stand on one leg - right	Able to stand in a relaxed manner (no fixation) for count of 3 seconds	Stands but either momentarily or needs a lot of fixation e.g. by knees tightly adducted or other trick	Unable	
13. Stand on one leg - left	Able to stand in a relaxed manner (no fixation) for count of 3 seconds	Stands but either momentarily or needs a lot of fixation e.g. by knees tightly adducted or other trick	Unable	
14. Climb box step - right	Faces step – no support needed	Goes up sideways or needs support	Unable	
15. Descend box step - right	Faces forward, climbs down controlling weight bearing leg. No support needed	Sideways, skips down or needs support	Unable	
16. Climb box step - left	Faces step – no support needed	Goes up sideways or needs support	Unable	
17. Descend box step - left	Faces forward, climbs down controlling weight bearing leg. No support needed	Sideways, skips down or needs support	Unable	
18. Touches floor from standing	Without support, touches floor with one hand and stands up again	With support (Arm on floor, body, plinth) touches floor with one hand and stands up again	Unable, able to touch floor but cannot get back up again	
19. Rise from floor	Starts in long sitting - 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 OR (b) Unable	Time (00.0s): __ . __s
20. Stands on heels	Both feet at the same time, clearly standing on heels only (acceptable to move a few steps to keep balance) for count of 3 seconds	Flexes hip and only raises forefoot	Unable	

Activity\Score	2	1	0	Achieved Score
21. Jump		Both feet at the same time, clears the ground simultaneously	Unable	
22. Hop right leg		Clears forefoot and heel off the floor	Unable	
23. Hop left leg		Clears forefoot and heel off the floor	Unable	
24. Squat down	Squats down fully with arms free (more than 90° of hip and knee flexion)	Uses one or two hands on thighs or floor to assist full squat On thigh <input type="checkbox"/> On floor <input type="checkbox"/>	Unable	
25. Rise from squat	Stands up from full squat without using arms / hands on floor or legs	Uses one or two hands to rise from squat to stand On thigh <input type="checkbox"/> On floor <input type="checkbox"/>	Unable to get back up from squat without assistance	
26. High kneel to stand through R leg (lead with L leg)	Able with arms free	Able to stand up through R half kneeling using hands on floor or legs (Furniture NOT allowed)	Unable	
27. High kneel to stand through L leg (lead with right leg)	Able with arms free	Able to stand up through L half kneeling using hands on floor or legs. (Furniture NOT allowed)	Unable	
28. Tiptoes	One foot, clearly on toes for count of 3, knee straight	Both feet at the same time, clearly on toes for count of 3, knees straight	Unable / momentarily / only with knee flexed	
29. Run (10 m)	Can run the distance - both feet off the ground - no double stance phase during running	Speeds up walk but maintains double stance phase	Walks with no extra speed OR Unable to walk 10 m	Time (00.0s): __ __ . __s