

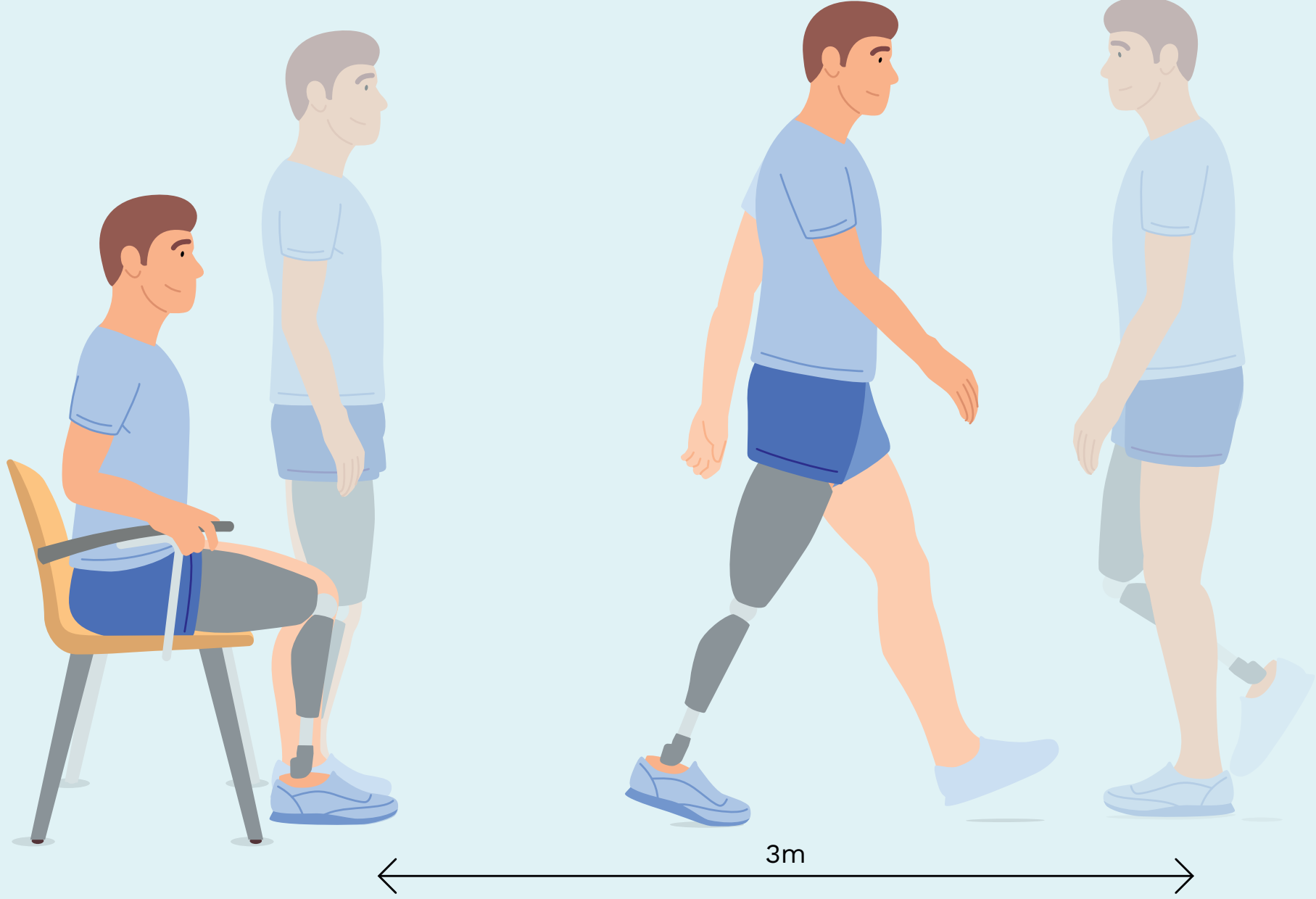
Outcome Measurement.

Performance based tests.

1

Timed Up And Go Test (TUG)

K1 and K2

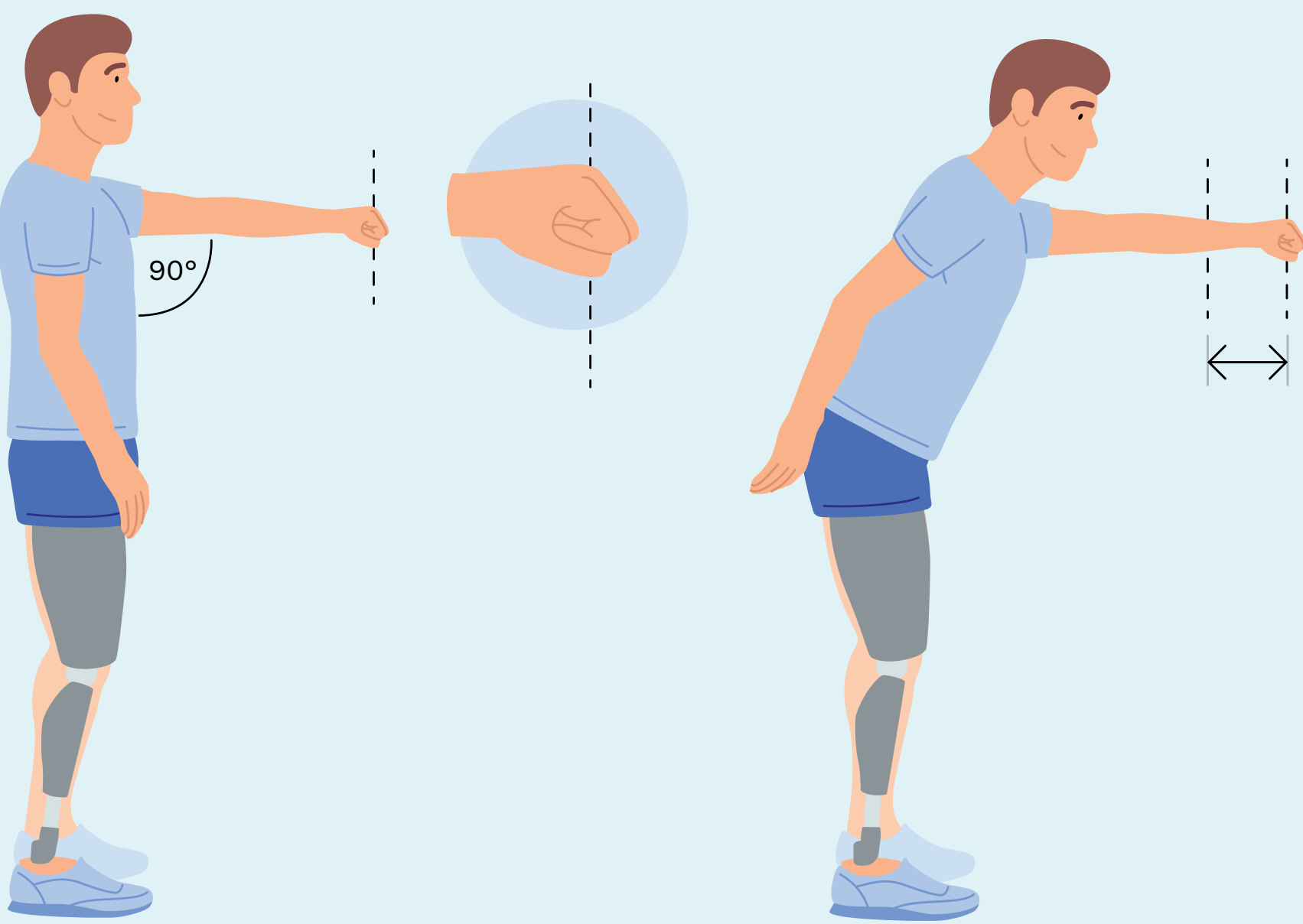


Number of runs	Three
Starting position	Patient sitting on a chair, arms on chair's armrests, back against chair
Instruction	Walk with comfortable and save walking speed, use assistive device if necessary
Start measurement	For each run: When the patient is ready say 'Go!' and start stopwatch
End measurement	For each run: When patient's buttocks touch the seat
Documentation	Time measurement in seconds and the used assistive device

2

Functional Reach Test (FRT)

K1, K2, K3 and K4

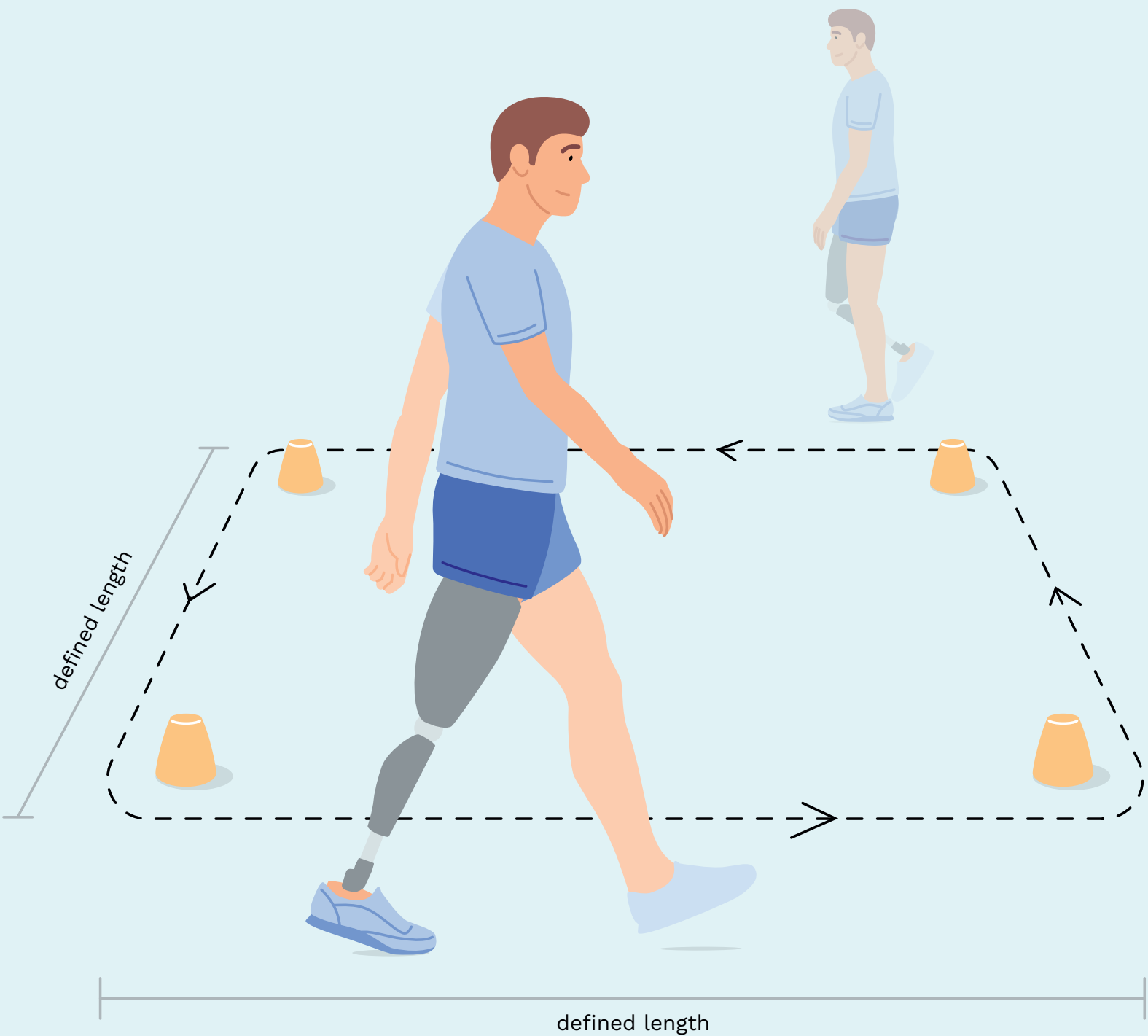


Number of runs	Three
Starting position	Patient standing close to wall without shouldercontact, rising arm with closed fist
Instruction	Reach as far as possible without taking a step
Start measurement	Mark position at 3rd metacarpal head on the wall
End measurement	Mark position at 3rd metacarpal head in patient's ending position
Documentation	Length measurements (only horizontal distance) in centimeters

3

2 Minutes Walk Test (2MWT)

K1, K2, K3 and K4

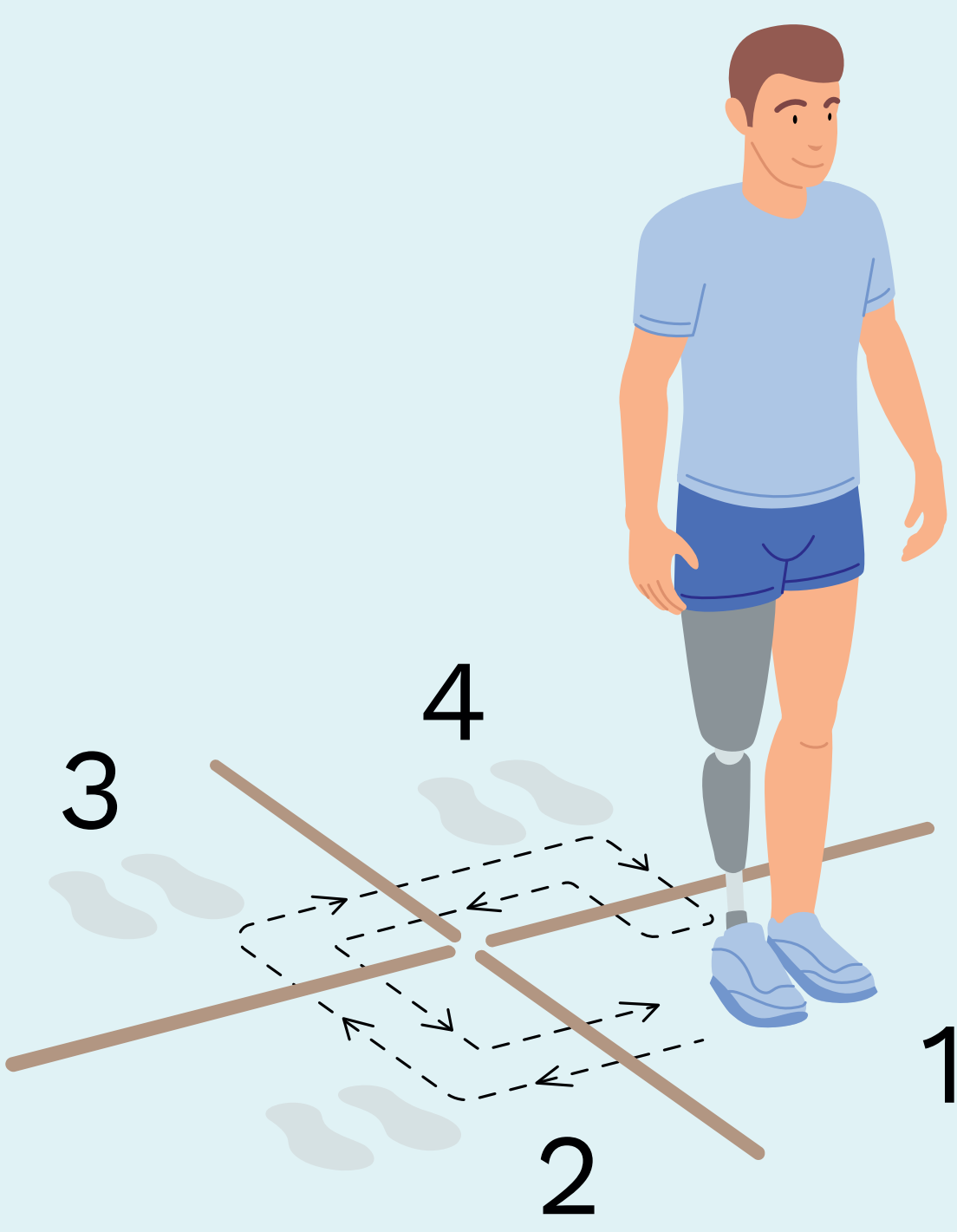


Number of runs	One
Starting position	Patient standing at one pylons
Instruction	Walk along the pylons as fast as possible around the four pylons but still feeling save, use assistive device if necessary
Start measurement	When the patient is ready say 'Go!' and start stopwatch
End measurement	After 2 minutes
Documentation	Distance measurement in meters and the used assistive device

4

Four Square Step Test (FSST)

K3 and K4



Number of runs	Two
Starting position	Patient standing in square 1, facing forward
Instruction	Step as fast as possible without touching the canes in each square, both feet in each square, use assistive device if necessary sequence: 1 > 2 > 3 > 4 > 1 > 4 > 3 > 2 > 1
Start measurement	For each run: Start stopwatch when first foot contacts square 2
End measurement	For each run: When last foot touches square 1
Documentation	Time measurement in seconds and the used assistive device