Surestep Fall Risk Assessment

surestep

Patient Name:_____

Date:_____

Circle appropriate score for each section and total the score below.

CRITERIA		SCORE	
		Value	**Patient's Score**
History (2, 4, 8, 11, 12, 13)			
History of Falls in past 12 months	Self-reported number of falls or near falls in the past 12 months	None — 1	
		1 — 2	
		>2 — 3	
Medications taken in past 7 days	Medications include PCA/opiotes, benzodiazepines, anticonvulsants, anti-hypertensives, diuretics, hypnotics, laxatives, sedatives and psychotropics	None — 1	
		1 to 2 — 2	
		>3 — 3	
History of Lateral Ankle Sprains in past 12 months	Self-reported number of LAS in the past 12 months	None — 1	
		> 1 — 3	
Physical (3, 6, 7, 10, 12)			
Pronation	In static standing, does the patient present with greater than 5 degrees of calcaneal valgus, collapsed MLA and/or navicular drop	WNL — 1	
		Excessive pronation — 2	
Range of Motion	Range of motion in dorsiflexion, hip extension, internal rotation and adduction.	WNL — 1	
		Limited ROM — 2	
Strength / Endurance	Chair-Stand Test: Have patient sit in chair, place hands on opposite shoulders, keep feet flat on floor, keep back straight with arms against chest. On "Go", rise to full standing position, then sit back down. Repeat for 30 seconds. Record number of times patient stands. *See Scoring Below*	WNL — 1	
		Decreased strength / Endurance — 2	
Proprioception (1, 5, 9, 10, 12)			
Vision	Ability to see objects clearly, judging distances, difficulty seeing in reduced light, diagnosed with eye disease interfering with vision	WNL — 1	
		Decreased vision — 2	
Standing Balance / Vestibular	Standing unsupported with feet touching for 1 minute	> 1 minute — 1	
		< 1 minute — 2	
		Cannot perform — 3	
Standing Balance / Vestibular	Tandom Stand for 10 seconds (One foot in front of the other with heel touching opposite toe)	> 10 seconds — 1	
		< 10 seconds — 2	
		Cannot perform — 3	
Neuropathy	Sensation in the feet or legs (numbness / pins and needles)	WNL — 1	
		Decreased sensation — 3	

CRITERIA		SCORE	
		Value	Patient's Score
Function/Gait (10, 11, 12)			
Community Ambulation	Self-reported or observed ability to ambulate (with or without aids) in the community	WNL — 1	
		Decreased ability to safely ambulate in community — 3	
Transitioning	Self-reported or observed ability to ambulate and transition in the home without holding onto doors or walls	None — 1	
		Decreased ability to transition between surfaces/navigate corners and obstacles — 3	
		Total	

GREEN/LOW RISK
(TOTAL: 12-14)

Patient is a low risk for falls. Continue to monitor, minimize risk factors.

YELLOW/MOD RISK
(TOTAL: 15 - 20)

Patient is at a moderate risk for falls. Refer for physical therapy and assistive devices such as Surestep Balance Brace.

RED/HIGH RISK
(TOTAL: 21-32)

Patient is at a high risk for falls. Refer for fall prevention program, physical therapy and assistive devices such as Surestep Balance Brace.

Chair-Stand Below Average Scores		
Age	Men	Women
60-64	<14	<12
65-69	<12	<11
70-74	<12	<10
75-79	<11	<10
80-84	<10	<9
85-89	<8	<8
90-94	<7	<4

Physician Signature_____ **Date**_____

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