

High-level Mobility Assessment Tool

What's the purpose?

The High-level Mobility Assessment Tool measures your ability to perform tasks like walking and balancing, as well as more difficult tasks like running, hopping and skipping. It can help your therapist determine your ability to return to more demanding physical activities like sports. It takes about 20 minutes to complete.

What do I have to do?

There are 13 tasks you will have to do:

- Walk forward
- Walk backward
- Walk on toes
- Walk over an obstacle
- Run
- Skip
- Hop forward on the affected leg
- Bound (affected leg leading)
- Bound (unaffected leg leading)
- Walk up stairs
- Walk down stairs
- Jump in place
- Jump to touch a mark on the wall



What does my score mean?

Each task is timed or rated based on your performance. The test has a maximum score of 54. Higher scores on this test indicate better mobility with fewer limitations in physical function. Lower scores reflect more significant mobility and functional limitations.

45 - 54 Normal mobility. You can do most daily activities.

30 - 45 Some mobility challenges but can still do most activities.

30 and below Significant difficulty with movement making some more physically demanding movement (such as in sports) impossible.

Have a conversation with your therapist about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.

Questions? Email rehabmeasures@sralab.org or call 312.238.2802

