

Dynamic Gait Index (DGI)

DYNAMIC GAIT INDEX (DGI)

Patient's full name:: _____ Patient's age:: _____

Patient's gender:: _____ Date of assessment:: _____ dd / mm / yyyy

What you need: A 20-foot walkway, should also be 15 inches wide; shoebox; 2 cones; an area with stairs

1. Gait level surface - Instructions: Walk at your normal speed from here to the next mark (20 feet).

1. Gait level surface

0. Severe impairment 1. Moderate impairment 2. Mild impairment 3. Normal

2. Change in gait speed - Instructions: Begin walking at your normal pace (for 5 ft.). When I tell you GO, walk as fast as you can (for 5 ft.). When I tell you SLOW, walk as slowly as you can (for 5 ft.).

2. Change in gait speed

0. Severe impairment 1. Moderate impairment 2. Mild impairment 3. Normal

3. Gait with horizontal head turns - Instructions: Begin walking at your normal pace. When I tell you LOOK RIGHT, keep walking straight, but turn your head to the right. Keep looking to the right until I tell you LOOK LEFT, then keep walking straight and turn your head to the left. Keep your head to the left until I tell you LOOK STRAIGHT, then keep walking straight but return your head to the center.

3. Gait with horizontal head turns

0. Severe impairment 1. Moderate impairment 2. Mild impairment 3. Normal

4. Gait with vertical head turns - Instructions: Begin walking at your normal pace. When I tell you LOOK UP, keep walking straight, but tip your head and look up. Keep looking up until I tell you LOOK DOWN. Then keep walking straight and turn your head down. Keep looking down until I tell you LOOK STRAIGHT, then keep walking straight, but return your head to the center.

4. Gait with vertical head turns

0. Severe impairment 1. Moderate impairment 2. Mild impairment 3. Normal

5. Gait and pivot turn - Instructions: Begin walking at your normal pace. When I tell you TURN AND STOP, turn as quickly as you can to face the opposite direction and stop.

5. Gait and pivot turn

0. Severe impairment 1. Moderate impairment 2. Mild impairment 3. Normal

6. Step over obstacles - Instructions: Begin walking at your normal speed. When you come to the shoebox, step over it, not around it, and keep walking.

6. Step over obstacles

0. Severe impairment 1. Moderate impairment 2. Mild impairment 3. Normal

7. Step around obstacles - Instructions: Begin walking at your normal speed. When you come to the first cone (about 6 ft. away), walk around the right side of it. When you come to the second cone (6 ft. past first cone), walk around it to the left.

7. Step around obstacles

0. Severe impairment 1. Moderate impairment 2. Mild impairment 3. Normal

8. Steps - Instructions: Walk up these stairs as you would at home (i.e. using the rail if necessary). At the top, turn around and walk down.

8. Steps

0. Severe impairment 1. Moderate impairment 2. Mild impairment 3. Normal

Total score:: _____

Remarks/Comments

Name of examiner:: _____

Examiner's signature: