SHIFT: Falls / Fractures Screening

Timed Up & Go Score: seconds (If > 14 seconds, increased risk for falls)
(If > 30 seconds, cannot go out alone, requires a gait aid)

- ☐ Normal gait
- ☐ Abnormal gait

Abnormal if:
-hesitant start
-broad-based gait
-path deviates
-extended arms
-heels do not clear floor
-heels do not clear toes of other foot

Balance: (check whether patient can complete each task)

- ☐ Side-by-side (feet together), stable 10 seconds
- ☐ Semi-tandem (heel at side of the other foot), stable 10 seconds
- ☐ Full tandem (one foot in front of the other), stable 10 seconds

If indicated:

- ☐ Can pick up penny off floor
- ☐ Resistance to nudge

Neuromuscular:

Quad strength:

- ☐ Can rise from chair w/o using arms
- ☐ Rigidity (e.g., cogwheeling)
- ☐ Bradykinesia
- ☐ Tremor

If indicated: hip ROM and knee exam:

Uses device for mobility (check if used)

- ☐ Cane
- ☐ Walker
- ☐ Wheelchair
- ☐ Other (specify)