

# AMPUTEE MOBILITY PREDICTOR ASSESSMENT TOOL

Initial instructions: Client is seated in a hard chair with arms. The following manoeuvres are tested with or without the use of the prosthesis. Advise the person of each task or group of tasks prior to performance. Please avoid unnecessary chatter throughout the test. Safety First, no task should be performed if either the tester or client is uncertain of a safe outcome.

The **Right Limb** is:  PF  TT  KD  TF  HD  Intact

The **Left Limb** is:  PF  TT  KD  TF  HD  Intact

|   |  |  |                    |
|---|--|--|--------------------|
| <b>1. <u>Sitting Balance:</u></b><br>Sit forward in a chair with arms folded across chest for 60s.  | Cannot sit upright independently for 60s<br>Can sit upright independently for 60s  | = 0<br>= 1                                 | _____              |
| <b>2. <u>Sitting reach:</u></b><br>Reach forwards and grasp the ruler. (Tester holds ruler 12in beyond extended arms midline to the sternum)  | Does not attempt<br>Cannot grasp or requires arm support<br>Reaches forward and successfully grasps item.  | = 0<br>= 1<br>= 2                          | _____              |
| <b>3. <u>Chair to chair transfer:</u></b><br>2 chairs at 90°. Pt. may choose direction and use their upper limbs.   | Cannot do or requires physical assistance<br>Performs independently, but appears unsteady<br>Performs independently, appears to be steady and safe   | = 0<br>= 1<br>= 2                          | _____              |
| <b>4. <u>Arises from a chair:</u></b><br>Ask pt. to fold arms across chest and stand. If unable, use arms or assistive device.  | Unable without help (physical assistance)<br>Able, uses arms/assist device to help<br>Able, without using arms   | = 0<br>= 1<br>= 2                          | _____              |
| <b>5. <u>Attempts to arise from a chair:</u></b><br>(stopwatch ready) If attempt in no. 4. was without arms then ignore and allow another attempt without penalty.  | Unable without help (physical assistance)<br>Able requires >1 attempt<br>Able to rise one attempt  | = 0<br>= 1<br>= 2                          | _____              |
| <b>6. <u>Immediate Standing Balance:</u></b><br>(first 5s) Begin timing immediately.  | Unsteady (stagger, moves foot, sways )<br>Steady using walking aid or other support<br>Steady without walker or other support  | = 0<br>= 1<br>= 2                          | _____              |
| <b>7. <u>Standing Balance (30s):</u></b><br>(stopwatch ready) For item no.'s 7 & 8, first attempt is without assistive device. If support is required allow after first attempt   | Unsteady<br>Steady but uses walking aid or other support<br>Standing without support   | = 0<br>= 1<br>= 2                          | _____              |
| <b>8. <u>Single limb standing balance:</u></b><br>(stopwatch ready) Time the duration of single limb standing on both the sound and prosthetic limb up to 30s.<br><br>Grade the quality, not the time.<br><br><i>*Eliminate item 8 for AMPnoPRO*</i><br><br>Sound side _____ seconds<br><br>Prosthetic side _____ seconds | <b>Non-prosthetic side</b><br>Unsteady<br>Steady but uses walking aid or other support for 30s<br>Single-limb standing without support for 30s<br><br><b>Prosthetic Side</b><br>Unsteady<br>Steady but uses walking aid or other support for 30s<br>Single-limb standing without support for 30s | = 0<br>= 1<br>= 2<br><br>= 0<br>= 1<br>= 2 | _____<br><br>_____ |
| <b>9. <u>Standing reach:</u></b><br>Reach forward and grasp the ruler. (Tester holds ruler 12in beyond extended arm(s) midline to the sternum)  | Does not attempt<br>Cannot grasp or requires arm support on assistive device<br>Reaches forward and successfully grasps item no support  | = 0<br>= 1<br>= 2                          | _____              |
| <b>10. <u>Nudge test:</u></b><br>With feet as close together as possible, examiner pushes lightly on pt.'s sternum with palm of hand 3 times (toes should rise)   | Begins to fall<br>Stagger, grabs, catches self ore uses assistive device<br>Steady   | = 0<br>= 1<br>= 2                          | _____              |
| <b>11. <u>Eyes Closed:</u></b><br>(at maximum position #7) If support is required grade as unsteady.  | Unsteady or grips assistive device<br>Steady without any use of assistive device   | = 0<br>= 1                                 | _____              |

|  |   |                     |                |
|--|---|---------------------|----------------|
| <b>12. Pick up objects off the floor:</b><br>Pick up a pencil off the floor placed midline 12in in front of foot.  | Unable to pick up object and return to standing<br>Performs with some help (table, chair, walking aid etc)<br>Performs independently (without help)   | = 0<br>= 1<br>= 2   | _____          |
| <b>13. Sitting down:</b><br>Ask pt. to fold arms across chest and sit. If unable, use arm or assistive device.   | Unsafe (misjudged distance, falls into chair )<br>Uses arms, assistive device or not a smooth motion<br>Safe, smooth motion   | = 0<br>= 1<br>= 2   | _____          |
| <b>14. Initiation of gait:</b><br>(immediately after told to "go")   | Any hesitancy or multiple attempts to start<br>No hesitancy   | = 0<br>= 1          |                |
| <b>15. Step length and height:</b><br>Walk a measured distance of 12ft twice (up and back). Four scores are required or two scores (a. & b.) for each leg. "Marked deviation" is defined as extreme substitute movements to avoid clearing the floor.    | <p><b>a. Swing Foot</b></p> Does not advance a minimum of 12in = 0<br>Advances a minimum of 12in = 1  | Prosthesis<br>_____ | Sound<br>_____ |
|  | <p><b>b. Foot Clearance</b></p> Foot does not completely clear floor without deviation = 0<br>Foot completely clears floor without marked deviation = 1   |                     |                |
| <b>16. Step Continuity</b>   | Stopping or discontinuity between steps (stop & go gait)<br>Steps appear continuous   | = 0<br>= 1          |                |
| <b>17. Turning:</b><br>180 degree turn when returning to chair.  | Unable to turn, requires intervention to prevent falling<br>Greater than three steps but completes task without intervention<br>No more than three continuous steps with or without assistive aid | = 0<br>= 1<br>= 2   | _____          |
| <b>18. Variable cadence:</b><br>Walk a distance of 12ft fast as possible safely 4 times. (Speeds may vary from slow to fast and fast to slow varying cadence)  | Unable to vary cadence in a controlled manner<br>Asymmetrical increase in cadence controlled manner<br>Symmetrical increase in speed in a controlled manner                                       | = 0<br>= 1<br>= 2   | _____          |
| <b>19. Stepping over an obstacle:</b><br>Place a movable box of 4in in height in the walking path.   | Cannot step over the box<br>Catches foot, interrupts stride<br>Steps over without interrupting stride   | = 0<br>= 1<br>= 2   |                |
| <b>20. Stairs (must have at least 2 steps):</b><br>Try to go up and down these stairs without holding on to the railing. Don't hesitate to permit pt. to hold on to rail. Safety First, if examiner feels that any risk is involved omit and score as 0. | <p><b>Ascending</b></p> Unsteady, cannot do = 0<br>One step at a time, or must hold on to railing or device = 1<br>Step over step, does not hold onto the railing or device = 2                   | Prosthesis<br>_____ | Sound<br>_____ |
|  | <p><b>Descending</b></p> Unsteady, cannot do = 0<br>One step at a time, or must hold on to railing or device = 1<br>Step over step, does not hold onto the railing or device = 2                  |                     |                |
| <b>21. Assistive device selection:</b><br>Add points for the use of an assistive device if used for two or more items. If testing without prosthesis use of appropriate assistive device is mandatory.   | Bed bound = 0<br>Wheelchair / Parallel Bars = 1<br>Walker = 2<br>Crutches (axillary or forearm) = 3<br>Cane (straight or quad) = 4<br>None = 5  |                     | _____          |
| <b>Total Score:</b>  |   | AMPnoPRO _____/43   |                |
|  |   | AMPPRO _____/47     |                |

Abbreviation: PF = partial foot; TT = transtibial; KD = knee disarticulation; TF = transfemoral; HD = hip disarticulation

**Test:**  no prosthesis  with prosthesis      **Observer:** \_\_\_\_\_      **Date:** \_\_\_\_\_

### **K-LEVEL**

AMPnoPRO     K0 (0-8)     K1 (9-20)     K2 (21-28)     K3 (29-36)     K4 (37-43)

AMPPRO     K1 (15-26)     K2 (27-36)     K3 (37-42)     K4 (43-47)