



# ALUSTI TEST SHORT VERSION

# ALUSTI TEST-SHORT VERSION

## 1.-PASSIVE JOINT MOBILITY OF FEMURALS

RUE  
LUE  
RLE  
LLE

ADMISSION	DISCHARGE

\*score (0-2)

## 2.- TRUNK IN SITTING POSITION

ADMISSION	DISCHARGE

\*score (0-5)

## 3.- STANDING

ADMISSION	DISCHARGE

\*score (0-5)

## 4.- WALKING

ADMISSION	DISCHARGE

\*score (0-25)

## 5.- WALKING ACTION RADIUS

ADMISSION	DISCHARGE

\*score (0-7)

<b>Total Score</b>	<b>.-ALUSTI TEST-Short version</b>	
	<i>ADMISSION</i>	<i>DISCHARGE</i>

\*score (0-50)

Alusti Test-Short version (0-50)

<16: Mobility total dependence.  
 16-30: Mobility moderate-severe dependence.  
 31-36: Mobility mild dependence.  
 >36: Maintained mobility.

## **ALUSTI TEST-SHORT VERSION**

### **SPECIFICATION OF THE ITEMS:**

#### **1.- PASSIVE JOINT MOBILITY OF EXTREMITIES (0-2):**

The four extremities will be assessed.

The score for each extremity will be 0-1-2.

It will inform us in a generalized way of the passive articular state of the extremity.

##### **Scores Upper extremities:**

0. NOT FUNCTIONAL. Passive shoulder flexion between 0-45°
1. FUNCTIONAL. Passive shoulder flexion between 45°-90°
2. GOOD. Passive shoulder flexion greater than 90°

##### **Scores Lower extremities II:**

0. NO FUNCTIONAL. Important hip and/or knee and/or ankle flexum that makes walking impossible.
1. FUNCTIONAL. Limitation of passive joint movement of a joint that hinders walking without making it impossible.
2. GOOD. Passive joint mobility of adequate extremities, without hindering walking

#### **2.- TRUNK IN SITTING POSITION (0-5):**

The patient will be seated on the stretcher, without back support, feet resting on the floor.

The ability of the person to maintain control of the trunk without any support will be assessed.

Hands will be placed on the thighs.

##### **Score:**

0. Impossible/ Great help from 2 people.
1. Moderate-maximum help from 1 person.
2. Minimal help of 1 person.
3. Independent, with more than 1 attempt, requiring supervision.
4. Independent, stable, unsupervised.
5. Independent, stable, before small push on the trunk.

#### **3.-STANDING (0-5):**

Person in standing position, feet at the height of the hips.

The ability to stand independently will be assessed.

##### **Score:**

0. Impossible/ Great help from 2 people.
1. Moderate-maximum help from 1 person.
2. Minimum help from 1 person.
3. Independent, with more than 1 attempt to maintain stability , requiring supervision.
4. Independent, stable, 1 attempt.
5. Independent, stable, in the event of a small push on the trunk.

#### 4.-WALKING (0-25):

**Score:**

- 0. Null gait or with the physical help of 2 people.
- 5. Walking with great physical help from 1 person \*\*.
- 10. Walking with a slight physical contact of 1 person\*.
- 15. Walk only, with supervision of 1 person.
- 20. Independent walking on flat terrain.
- 25. Independent walking on uneven terrain.

\*\* Assisted walking plus 1 person, will be scored with 5

\* Independent walking with walker will be scored with 10.

#### 5.- WALKING ACTION RADIUS (0-7):

The distance in meters that he is able to walk will be assessed.

**Score:**

- 0. Impossible march.
- 1. Distance walked between 0-10 meters.
- 2. Between 10-20 meters.
- 3. Between 20-50 meters.
- 5. Between 50-150 meters.
- 7. More than 150 meters.