



ZENO GAIT MAT FORM

ID NUMBER:

FORM CODE:

Z	G	M
---	---	---

DATE: 9/27/2022
Version 2.0

Instructions: Complete form for each participant who comes into the clinic for the visit. The form is completed by the interviewer, not asked of the participant. See QxQ for PKMAS software instructions.

ADMINISTRATIVE INFORMATION:

0a. Completion Date:

<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Month			Day			Year			

0b. Staff ID:

<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------

1. Is the participant able to stand?
Yes Y
No N **SAVE & CLOSE**

2. Was the gait mat used today?

- Yes ₁ → **Go to item 3**
- No, participant refused ₂ → **SAVE & CLOSE**
- No, technical/logistical problem with mat ₃ → **SAVE & CLOSE**
- No, other ₄

2a. Specify other reason gait mat not used in exam:

_____ **SAVE & CLOSE**

STATIC/QUIET STANCE and LIMITS OF STABILITY (QS and LOS administered as 1 task)

Technician Instructions: QS test moves directly into LOS without moving the feet; walking aids NOT permitted; no clicker; data file=QS and LOS

STATIC/QUIET STANCE (goes directly to the LOS without stopping)

Script:

"The next test will assess how you balance yourself. I will ask you to stand in place without moving for 30 seconds, and then to lean in four directions as far as you can comfortably and safely without lifting any part of your foot off the floor. It is important that you do not move your feet until I say it is time. If you feel unsteady, you should take a step to the side. Let me demonstrate." Feet should be approximately shoulder width apart and facing the end of the mat with the cables. "Please notice how I am not moving my feet as I go from standing quietly to rocking. Do you have any questions?" "To begin, I will ask you to stand facing me and march in place a few times." "Now stop, stand quietly in place for 30 seconds. After 30 seconds, I will tell you which way to lean without moving your feet. I will let you know when you can move your feet."

3. Did the PPT complete the STATIC/QUIET STANCE?

- Participant Refused ₁ → **Go to item 5**
- Not attempted, unable, or unsafe ₂ → **Go to item 5**
- Attempted, technical/other logistical difficulties ₃ → **Go to item 5**
- Completed ₄

LIMITS OF STABILITY (continues directly from QS)

Script:

"Please don't move your feet. Keep all the parts of your feet on the floor at all times. Rock forward, now back to the middle. Now rock to the right, keeping your entire foot on the ground. Return to the middle. Now lean to the left, back to the middle. Now rock backwards, only to where you feel comfortable, without losing balance, and now come back to the center." The participant should be standing in the same position as was used for the QS and should not pick up their feet when transitioning to the LOS.

4. Did the PPT complete the LIMITS OF STABILITY?

- Participant Refused ₁
- Not attempted, unable, or unsafe ₂
- Attempted, technical/logistical difficulties with mat ₃ → **SAVE & CLOSE FORM**
- Completed, with examiner assistance (save QS & LOS) ₄
- Completed, without assistance (save QS & LOS) ₅

USUAL PACE WALK

Technician Instructions: walking aids permitted (exclude crutches and casts); **select Start Walk; press clicker on 'Go'**; observe arm swing for unaided, completed trials; **select End Walk when PPT walks off mat**; data files=UP1, UP2, video recordings

Script:

"I'm going to ask you to walk all the way down and off the end of the mat, two times, with a short break in between. You will walk at your normal or usual pace for both trials. I will demonstrate. Please line up your feet with your toes touching the tape line, like this. Walk off the other end of the mat at your usual pace without slowing down. Do you have any questions?" "When I say 'Go', please walk at your normal pace. Remember to walk off the end of the mat without slowing down."

Trial 1

5.

- | | | | |
|--|--------------------------|-----|---------------------|
| Participant Refused | <input type="checkbox"/> | 1 → | Go to item 8 |
| Not attempted, unable, or unsafe | <input type="checkbox"/> | 2 → | Go to item 8 |
| Attempted, technical/logistical difficulties | <input type="checkbox"/> | 3 → | Go to item 8 |
| Completed, with walking aid (save UP1) | <input type="checkbox"/> | 4 | |
| Completed, without walking aid (save UP1) | <input type="checkbox"/> | 5 | |

Trial 2

- | | | |
|--|--------------------------|---|
| 6. Participant Refused | <input type="checkbox"/> | 1 |
| Not attempted, unable, or unsafe | <input type="checkbox"/> | 2 |
| Attempted, technical/logistical difficulties | <input type="checkbox"/> | 3 |
| Completed, with walking aid (save UP2) | <input type="checkbox"/> | 4 |
| Completed, without walking aid (save UP2) | <input type="checkbox"/> | 5 |

7. Arm swing.....

- | | | |
|---|--------------------------|---|
| Walking aid used in all completed trials..... | <input type="checkbox"/> | 0 |
| Normal | <input type="checkbox"/> | 1 |
| Absent left..... | <input type="checkbox"/> | 2 |
| Absent right..... | <input type="checkbox"/> | 3 |
| Absent both..... | <input type="checkbox"/> | 4 |

SINGLE COGNITIVE TASK

Script:

"Now I'm going to ask you to do a thinking task. When I say "go", please count backwards from 100 by threes. I will tell you when to stop. Do you have any questions?" (Pause for questions.) "Ready, go."

8. Did the PPT attempt the SINGLE COGNITIVE TASK?

- Participant Refused ₁ → **Go to item 10**
Not attempted, unable, or unsafe ₂ → **Go to item 10**
Attempted, technical/other logistical difficulties ₃ → **Go to item 10**
Attempted ₄

8a. Subtraction by serial 3s (record the number said until the PPT gives 7 answers or passes 79):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5	6	7

Traditional answers: 97 94 91 88 85 82 79. However, PPT may have an incorrect response. If subsequent responses are going down by 3, those responses are correct. For example, 98, 95, 92, 90, 87, 84, 81 has 2 incorrect responses (98, 90).

8b. Did the PPT complete the test?

- No, attempted, discontinued ₁
Yes, had fewer than 3 correct ₂
Yes, had 3 or more correct (test with 3s in item 9) ₃ → **Go to item 9**

Script:

"Let's try another task. When I say "go," please count backwards from 100 by twos. I will tell you when to stop. Do you have any questions?" (Pause for questions.) "Ready, go."

8c. Subtraction by serial 2s (record the number said until the PPT gives 7 answers or passes 86):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5	6	7

Traditional answers: 98 96 94 92 90 88 86. However, PPT may have an incorrect response. If subsequent responses are going down by 2, those responses are correct. For example, 98, 95, 93, 90, 88, 84, 82 has 4 incorrect responses (95, 93, 90, 84).

8d. Did the PPT complete the test?

- No, participant refused ₁ → **Go to item 10**
No, attempted, discontinued ₂ → **Go to item 10**
Yes (test with 2s in item 9) ₃

DUAL TASK

Technician Instructions: walking aids permitted (exclude crutches and casts); **select Start Walk; press clicker on 'Go'**; put clicker down and walk with PPT; record subtractions; **select End Walk when PPT walks off mat**; data files=DUAL1, DUAL2, video recordings.

Script:

"I'm going to ask you to walk over this mat while talking. "Please line up your feet with your toes touching the tape line on the mat, like this. When I say "Go", please walk at your normal pace while counting backwards by [Examiner, say 'THREES' or 'TWOS,' whichever number was determined in the single cognitive task], starting with 100. Remember to walk off the end of the mat without slowing down. Do you have any questions?" (Pause for questions.) "Ready, go."

9. Did the PPT attempt the DUAL TASK?

Participant Refused

₁ → **Go to item 10**

Not attempted, unable, or unsafe

₂ → **Go to item 10**

Attempted, technical/other logistical difficulties

₃ → **Go to item 10**

Attempted

₄

Trial 1

9a. Subtraction by serial 3s OR 2s: (record number said if heard and review instructions for scoring from item 8):

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	10	11	12	13	14	15	16

9b. Did the PPT complete the test?

No, attempted, discontinued

₁ → **Go to item 10**

Attempted, technical/logistical difficulties

₂ → **Go to item 10**

Attempted, responses unclear (save DUAL1)

₃

Completed, with walking aid (save DUAL1)

₄

Completed, without walking aid (save DUAL1)

₅

Trial 2 (No clicker for Trial 2)

9c. Subtraction by serial 3s OR 2s: (record number said if heard and review instructions for scoring from item 8):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5	6	7	8
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
9	10	11	12	13	14	15	16

9d. Did the PPT complete the test?

- No, participant refused 1
- No, attempted, discontinued 2
- Attempted, technical/logistical difficulties 3
- Attempted, responses unclear (save DUAL2) 4
- Completed, with walking aid (save DUAL2) 5
- Completed, without walking aid (save DUAL2) 6

SHORT FAST PACE WALK

Technician Instructions: walking aids permitted (exclude crutches and casts); **select Start Walk; press clicker on 'Go'; select End Walk when PPT walks off mat;** data files=FP1, FP2, video recordings

Script:

"I'm going to ask you to do a fast walk down the mat two separate times. You will walk down the mat as fast as you can without running or hurting yourself. Please line up your feet with your toes touching the tape line on the mat, like this. Do you have any questions?" "When I say "Go", please walk at your fast pace. Remember to walk off the end of the mat without slowing down."

Trial 1

- 10. Participant Refused 1 → **SAVE & CLOSE**
- Not attempted, unable or unsafe 2 → **SAVE & CLOSE**
- Attempted, technical/logistical difficulties 3 → **SAVE & CLOSE**
- Completed, with walking aid (save FP1) 4
- Completed, without walking aid (save FP1) 5

Trial 2

- 11. Participant Refused 1 → **SAVE & CLOSE**
- Not attempted, unable or unsafe 2 → **SAVE & CLOSE**
- Attempted, technical/logistical difficulties 3 → **SAVE & CLOSE**
- Completed, with walking aid (save FP2) 4 → **SAVE & CLOSE**
- Completed, without walking aid (save FP2) 5 → **SAVE & CLOSE**