



|                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                 |       |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------|--|--|
| <b>5. HOPPING FORWARD</b><br>0 unable<br>1 1 to 2 hops, uncontrolled<br>2 2 hops, controlled but unable to complete 1 metre<br>3 1 metre in 2 hops but unable to sustain landing (touches down)<br>4 1 metre in 2 hops but difficulty controlling landing (hops or pivots)<br>5 1 metre in 2 hops, coordinated with stable landing                                                                                                             | Test is over if opposite foot touches down.                     | Left  |  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                 | Right |  |  |
| <b>6. CROUCH AND WALK</b><br>0 unable to crouch<br>1 able to descend only<br>2 descends and rises but hesitates, unable to maintain forward momentum<br>3 crouches and walks in continuous motion, time $\leq 8.00$ sec. protective step<br>4 crouches and walks in continuous motion, time $\leq 8.00$ sec. excess equilibrium reaction<br>5 crouches and walks in continuous motion, time $\leq 4.00$ sec.                                   |                                                                 |       |  |  |
| <b>7. LATERAL DODGING</b><br>0 unable to perform 1 cross-over in both directions without support<br>1 1 cross-over in both directions in any fashion<br>2 1 or more cycles, but does not contact line every step<br>3 2 cycles, contacts line every step<br>4 2 cycles, contacts line every step 12.00 to 15.00 sec.<br>5 2 cycles, contacts line every step $< 12.00$ sec. coordinated direction change                                       | “Do this as fast as you can yet at a speed that you feel safe”  |       |  |  |
| <b>8. WALKING &amp; LOOKING</b><br>0 unable to walk and look e.g. stops<br>1 performs but loses visual fixation at or before 4 metre mark<br>2 performs but loses visual fixation after 4 metre mark<br>3 performs and maintains visual fixation between 2-6 metre mark but protective step<br>4 performs and maintains visual fixation between 2-6 metre mark but veers<br>5 performs, straight path, steady and coordinated $\leq 7.00$ sec. | “Walk at your usual pace.”                                      | Left  |  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                 | Right |  |  |
| <b>9. RUNNING WITH CONTROLLED STOP</b><br>0 unable to run<br>1 runs, time $> 5.00$ sec.<br>2 runs, time $> 3.00$ sec but $\leq 5.00$ sec., unable to control stop<br>3 runs, time $> 3.00$ sec but $\leq 5.00$ sec., with controlled stop, both feet on line<br>4 runs, time $\leq 3.00$ sec., unable to control stop<br>5 runs, time $\leq 3.00$ sec., with controlled stop, both feet on line, coordinated and rhythmical                    | “Run as fast as you can.” Hold position on finish line.         |       |  |  |
| <b>10. FORWARD TO BACKWARD WALKING</b><br>0 unable<br>1 performs but must stop to regain balance<br>2 performs with reduced speed, time $> 11.00$ sec. or requires 4 or more steps to turn<br>3 performs in $\leq 11.00$ sec. and/or veers during backward walking<br>4 performs in $\leq 9.00$ sec. and/or uses protective step during or just after turn<br>5 performs in $\leq 7.00$ sec., maintains straight path                          | “Walk as quickly as you can yet at a speed that you feel safe.” |       |  |  |

Dossier : \_\_\_\_\_

Nom, Prénom : \_\_\_\_\_

Date de naissance : \_\_\_\_\_ ☐ F ☐ M  
 AAAA-MM-JJ

NAM : \_\_\_\_\_ Exp. \_\_\_\_\_  
 AAAA-MM

Nom de la mère : \_\_\_\_\_

|                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                              |       |    |    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------|-------|----|----|
| <b>11. WALK, LOOK AND CARRY</b><br>0 unable to walk and look e.g. stops<br>1 performs but loses visual fixation at or before 4 metre mark<br>2 performs but loses visual fixation after 4 metre mark<br>3 performs and maintains visual fixation between 2-6 metre mark but protective step<br>4 performs and maintains visual fixation between 2-6 metre mark but veers<br>5 performs, straight path, steady and coordinated $\leq 7.00$ sec. |  | "Walk at your usual pace."   | Left  |    |    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                              | Right |    |    |
| <b>12. DESCENDING STAIRS</b><br>0 unable to step down 1 step, or requires railing or assistance<br>1 able to step down 1 step with/without cane<br>2 able to step down 3 steps wit/without cane, any pattern<br>3 3 steps reciprocal or full flight in step-to pattern<br>4 full flight reciprocal, awkward<br>5 full flight reciprocal, rhythmical and coordinated<br>+1 bonus for carrying basket                                            |  | No cane } No railing         |       |    |    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                              |       |    |    |
| <b>13. STEP-UPS X 1 STEP</b><br>0 unable to step up, requires assistance or railing<br>1 steps up, requires assistance or railing to descend<br>2 steps up and down (1 cycle)<br>3 completes 5 cycles<br>4 completes 5 cycles in $> 6.00$ but $< 10.00$ sec.<br>5 completes 5 cycles in $\leq 6.00$ sec., rhythmical                                                                                                                           |  | unacceptable to look at feet | Left  |    |    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                              | Right |    |    |
| <b>TOTAL SCORE</b>                                                                                                                                                                                                                                                                                                                                                                                                                             |  |                              | 96    | 96 | 96 |

Source : Howe J, Inness E, Venturini A, Williams JJ, Verrier MC. (2006) The Community Balance and Mobility Scale: A balance measure for individuals with traumatic brain injury. Clinical Rehabilitation, 20, 885-895.

Nom de l'évaluateur : \_\_\_\_\_ Titre d'emploi : \_\_\_\_\_

Signature : \_\_\_\_\_ Date de passation : \_\_\_\_\_  
 aaaa/mm/jj

Note 1 :  
 Cet outil a été extrait du Community Balance and Mobility Scale, avec la permission de l'auteure Liz Inness, PT PhD. Il ne peut pas être traduit en français.