The Rivermead Mobility Index

Name: __________________________________________

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**Topic and Question:**

- **Turning over in bed:** Do you turn over from your back to your side without help?
- **Lying to sitting:** From lying in bed, do you get up to sit on the edge of the bed on your own?
- **Sitting balance:** Do you sit on the edge of the bed without holding on for 10 seconds?
- **Sitting to standing:** Do you stand up from any chair in less than 15 seconds and stand there for 15 seconds, using hands and/or an aid if necessary?
- **Standing unsupported:** (Ask to stand) Observe standing for 10 seconds without any aid
- **Transfer:** Do you manage to move from bed to chair and back without any help?
- **Walking inside:** (with an aid if necessary): Do you walk 10 meters, with an aid if necessary, but with no standby help?
- **Walking outside:** (even ground): Do you walk around outside, on pavements, without help?
- **Walking inside:** (with no aid): Do you walk 10 meters inside, with no caliper, splint, or other aid (including furniture or walls) without help?
- **Picking up off floor:** Do you manage to walk five meters, pick something up from the floor, and then walk back without help?
- **Walking outside:** (uneven ground): Do you walk over uneven ground (grass, gravel, snow, ice etc) without help?
- **Bathing:** Do you get into/out of a bath or shower and to wash yourself unsupervised and without help?
- **Up and down four steps:** Do you manage to go up and down four steps with no rail, but using an aid if necessary?
- **Running:** Do you run 10 meters without limping in four seconds (fast walk, not limping, is acceptable)?

**Total**