

Visual Screening of Transfers and Gait for Fall Risk

While multiple standardized functional assessments of fall risk exist, such as the [30-Second Chair Stand](#), the [Timed Up and Go \(TUG\) Test](#), and the [4-Stage Balance test](#), a lot can be learned by simply observing the patient move. For example, one can begin gathering information about a patient's potential fall risk by watching them stand from a chair and walk.

The table below lists common, but sometimes subtle, movement deviations during transfers or gait that may signify lower extremity weakness and balance impairments that contribute to fall risk in older adults. When available, video links are included. If deviations are observed, referral to physical therapy may be indicated.

Mark if Present	Sit to/from Stand Transfer from a Chair
	Rocking forward and back in chair to generate momentum to stand
	Inability to rise from chair without pushing up with arms
	Lack of control when sitting down (“plops” into chair)
Gait	
	Antalgic gait (limping)
	En bloc turning
	Foot Drop/Steppage Gait
	Hip circumduction
	Lack of heel strike
	Lateral pelvic drop
	Lateral trunk sway
	Shuffling, short steps
	Slow tentative pace
	Steadying self by reaching for walls or furniture