

Revised HiMAT (no stair items)

DATE.....
 DATE OF ACCIDENT.....
 DIAGNOSIS.....
 AFFECTED SIDE LEFT / RIGHT

PATIENT ID LABEL

ITEM	PERFORMANCE	0	1	2	3	4
WALK	sec	X	> 6.6	5.4-6.6	4.3-5.3	< 4.3
WALK BACKWARD	sec		>13.3	8.1-13.3	5.8-8.0	< 5.8
WALK ON TOES	sec		> 8.9	7.0 - 8.9	5.4-6.9	< 5.4
WALK OVER OBSTACLE	sec		> 7.1	5.4-7.1	4.5-5.3	< 4.5
RUN	sec		> 2.7	2.0-2.7	1.7-1.9	< 1.7
SKIP	sec		> 4.0	3.5-4.0	3.0-3.4	< 3.0
HOP FORWARD (AFFECTED)	sec		> 7.0	5.3-7.0	4.1-5.2	< 4.1
BOUND (LESS-AFFECTED)	1) cm 2) 3)		< 82	82-105	106-129	> 129
	SUBTOTAL					

*Note: When using the Revised HiMAT, the MDC score is +/- 2 points. This means that a 2 point score change is required to be 95% confident that true change has occurred.

TOTAL HiMAT SCORE /32

Please notify Gavin Williams at gavin.williams@epworth.org.au or gavin@neuro-solutions.net so that the use of the HiMAT can be tracked.

Instructions

- Subject suitability:** The HiMAT is appropriate for assessing people with high-level balance and mobility problems. The minimal mobility requirement for testing is independent walking over 20m without gait aids. Orthoses are permitted.
- Item testing:** Testing takes 5-10 minutes. Patients are allowed 1 practice trial for each item.
- Instructions:** Patients are instructed to perform at their maximum safe speed except for the bounding and stair items.
- Walking: The middle 10m of a 20m trial is timed.
- Walk backward: As for walking.
- Walk on toes: As for walking. Any heel contact during the middle 10m is recorded as a fail.
- Walk over obstacle: As for walking. A house brick is placed across the walkway at the mid-point. Patients must step over the brick without contacting it. A fail is recorded if patients step around the brick or make contact with the brick.
- Run: The middle 10m of a 20m trial is timed. A fail is recorded if patients fail to have a consistent flight phase during the trial.
- Skipping: The middle 10m of a 20m trial is timed. A fail is recorded if patients fail to have a consistent flight phase during the trial.
- Hop forward: Patients stand on their more affected leg and hop forward. The time to hop 10m meters is recorded.
- Bound (less-affected). A bound is a jump from one leg to the other with a flight phase. Patients stand behind a line on their more affected leg, hands on hips, and jump forward **landing on their less affected** leg. Each bound is measured from the line to the heel of the landing leg. The average of three trials is recorded.
- Scoring:** All times and distances are recorded in the 'performance' column. The corresponding score for each item is then circled and each column is then subtotaled. Subtotals are then added to calculate the HiMAT score.