



ALUSTI TEST©



# ALUSTI TEST©

## 1.- PASSIVE JOINT MOBILITY OF EXTREMITIES

	ADMISSION	DISCHARGE
RUE		
LUE		
RLE		
LLE		

\*score (0-2)

## 2.- ACTIVE MUSCULAR MOBILITY OF EXTREMITIES

	ADMISSION	DISCHARGE
RUE		
LUE		
RLE		
LLE		

\*score (0-5)

## 3.- TRANSFER SUPINE POSITION TO SITTING

ADMISSION	DISCHARGE

\*score (0-5)

## 4.- TRUNK IN SITTING POSITION

ADMISSION	DISCHARGE

\*score (0-5)

## 5.- TRANSFER SITTING TO STANDING

ADMISSION	DISCHARGE

\*score (0-5)

## 6.- STANDING

ADMISSION	DISCHARGE

\*score (0-5)

## 7.- WALKING

ADMISSION	DISCHARGE

\*score (0-25)

## 8.- WALKING ACTION RADIUS

ADMISSION	DISCHARGE

\*score (0-7)

## 9. TANDEM eyes closed (assess if walking score is 25)-

ADMISSION	DISCHARGE

\*score (0-10)

## 10.- MONOPODAL SUPPORT eyes closed. (assess if walking score is 25)

ADMISSION	DISCHARGE

\*score (0-10)

.-ALUSTI TEST		
	ADMISSION	DISCHARGE
Total Score		

\*score 0-100

### Alusti Test (0-100)

- 0-30: Mobility total dependence.
- 31-40: Mobility severe dependence.
- 41-50: Mobility moderate dependence.
- 51-60: Mobility mild dependence.
- 61-75: Good mobility.
- 76-90: Very good mobility.
- 91-100: Excellent mobility

Items 9 and 10 will only be passed if the score is 25. The Alusti Test will be passed to the patient who can understand the order and execute it voluntarily.  
If the patient cannot understand the order, only the Alusti Test-short version will be administered.

## **TEST ALUSTI. SPECIFICATION OF THE ITEMS:**

### **1.- PASSIVE JOINT MOBILITY OF EXTREMITIES (0-2):**

The four extremities will be assessed.

The score for each extremity will be 0-1-2.

It will inform us in a generalized way of the passive articular state of the extremity.

**Scores Upper extremities:**

0. NOT FUNCTIONAL. Passive shoulder flexion between 0-45°.
1. FUNCTIONAL. Passive shoulder flexion between 45°-90°.
2. GOOD. Passive shoulder flexion greater than 90°.

**Scores Lower extremities:**

0. NO FUNCTIONAL. Important hip and/or knee and/or ankle flexum that makes walking impossible.
1. FUNCTIONAL. Limitation of passive joint movement of a joint that hinders walking without making it impossible.
2. GOOD. Passive joint mobility of adequate extremities, without hindering walking.

### **2.- ACTIVE MUSCULAR MOBILITY OF EXTREMITIES (0-5):**

The muscular balance of each of the four extremities will be assessed.

For the upper extremities, the active flexion of the shoulders will be assessed.

For the lower extremities, the elevation of the legs with extension of the knees against gravity will be assessed.

**Score:**

0. No muscle contraction.
1. Trace of contraction.
2. Active movement, without gravity.
3. Active movement, against gravity.
4. Active movement against gravity and resistance
5. Normal muscle power

### **3.- TRANSFER SUPINE POSITION TO SITTING (0-5):**

The person will start from the supine position and finish up sitting on the edge of the bed.

The capacity you have to carry out the transfer will be assessed.

**Score:**

0. Impossible/ Great help from 2 people.
1. Moderate-maximum help from 1 person.
2. Minimal help of 1 person.
3. Independent, with more than 1 attempt, requiring supervision.
4. Independent, one attempt, with difficulty.
5. Independent without difficulty.

### **4.- TRUNK IN SITTING POSITION (0-5):**

The patient will be seated on the stretcher, without back support, feet resting on the floor.

The ability of the person to maintain control of the trunk without any support will be assessed.

Hands will be placed on the thighs.

**Score:**

0. Impossible/ Great help from 2 people.
1. Moderate-maximum help from 1 person.
2. Minimal help of 1 person.
3. Independent, with more than 1 attempt, requiring supervision.
4. Independent, stable, unsupervised.
5. Independent, stable, before small push on the trunk.

### **5.- TRANSFER SITTING TO STANDING (0-5):**

The person to be assessed will be seated in a chair with backrest and armrests.

The ability to stand up independently will be assessed.

- Score:**
0. Impossible/ Great help from 2 people, hands on armrests.
  1. Moderate-maximum help from 1 person, hands on armrests.
  2. Minimal help from 1 person, hands on armrests.
  3. Independent, with more than 1 attempt, requiring supervision, hands on armrests.
  4. Independent, 1 attempt, using your hands on the armrests.
  5. Independent, placing the arms in cross on the chest.

### **6.-STANDING (0-5):**

Person in standing position, feet at the height of the hips.

The ability to stand independently will be assessed.

- Score:**
0. Impossible/ Great help from 2 people.
  1. Moderate-maximum help from 1 person.
  2. Minimum help from 1 person.
  3. Independent, with more than 1 attempt to maintain stability, requiring supervision.
  4. Independent, stable, 1 attempt.
  5. Independent, stable, in the event of a small push on the trunk.

### **7.-WALKING (0-25):**

- Score:**
0. Null gait or with the physical help of 2 people.
  5. Walking with great physical help from 1 person \*\*.
  10. Walking with a slight physical contact of 1 person \*.
  15. Walk only, with supervision of 1 person.
  20. Independent walking on flat terrain.
  25. Independent walking on uneven terrain.
- \*\* Assisted walking plus 1 person, will be scored with 5  
\* Independent walking with walker will be scored with 10.

### **8.-WALKING ACTION RADIUS (0-7):**

The distance in meters that he is able to walk will be assessed.

- Score:**
0. Impossible march.
  1. Distance walked between 0-10 meters.
  2. Between 10-20 meters.
  3. Between 20-50 meters.
  5. Between 50-150 meters.
  7. More than 150 meters.

### **9.-TANDEM eyes closed (0-10)**

#### **(ONLY PASS TO THOSE WHO HAVE OBTAINED 25 POINTS IN WALKING ITEM)**

Person in standing position, one foot in front of the other, touching the heel of one end of the other.

Arms attached to the body.

The time kept in that position will be timed.

A first test attempt with open eyes. The second attempt will be the valid one, with the eyes closed.

The timer will start when you close your eyes. Time will stop when you open your eyes or move one foot.

Free movement of the arms will be allowed once the chrono is in motion.

- Score:**
0. Between 0 s-2 s
  2. Between 2 s-4 s
  4. Between 4 s-6 s
  6. Between 6 s-8 s
  8. Between 8 s-10 s
  10. More than 10 s

**10.- MONOPODAL SUPPORT eyes closed (0-10).**

**(ONLY PASS TO THOSE WHO HAVE OBTAINED 25 POINTS IN WALKING ITEM)**

Person in standing position, must maintain the position with the support of only one foot.  
Arms attached to the body.

The time kept in that position will be timed.

A first test attempt with open eyes. The second attempt will be the valid one, with the eyes closed.

The timer will start when you close your eyes. Time will stop when you open your eyes or support both feet.  
Free movement of the arms will be allowed once the chrono is in motion.

- Score:**
0. Between 0 s-2 s
  2. Between 2 s-4 s
  4. Between 4 s-6 s
  6. Between 6 s-8 s
  8. Between 8 s-10 s
  10. More than 10 s