

**Table 1 Description and characteristics of the Alusti Test and Alusti test-short version**

Variable		Description		Score
1	<b>Passive joint mobility of extremities</b>	0 Nonfunctional 1 Functional 2 Good	Shoulder flexion	RUE
			LUE	
		Hip/knee/ankle flexion	RLE	
			LLE	
2	Active muscular mobility of extremities	0 No muscle contraction 1 Traces of contractions 2 Active movement without gravity 3 Active movement against gravity 4 Active movement against gravity and resistance 5 Normal muscle power	Shoulder flexion	RUE
			LUE	
		Hip flexion with knee extension	RLE	
			LLE	
3	Transfer supine position to sitting <sup>a</sup>	0 Great help from 2 persons 1 Moderate help from 1 person 2 Minimal help from 1 person 3 Supervision 4 Autonomous 5 <sup>a</sup> Autonomous with ease 5 <sup>b,d</sup> Autonomous stable when trunk is pushed 5 <sup>c</sup> Autonomous crossed arms		
4	<b>Trunk in sitting position<sup>b</sup></b>			
5	Transfer sitting to standing <sup>c</sup>			
6	<b>Standing<sup>d</sup></b>			
7	<b>Walking</b>	0 No walking 5 Great help 1 person** 10 Minimal help 1 person* 15 Supervision 20 Independent level ground 25 Independent irregular ground **Score 5 for walking with walker + 1 person * Score 10 for autonomous walking with walker.		
8	<b>Walking action radius</b>	0 Impossible 1 0-10 m 2 10-20 m 3 20-50 m 5 50-150 m 7 > 150 m		
9	Tandem eyes closed <i>Assess if Walking score=25</i>	0 0'' to 2'' 2 2'' to 4'' 4 4'' to 6''		
10	Monopodal support eyes closed <i>Assess if Walking score=25</i>	6 6'' to 8'' 8 8'' to 10'' 10 >10''		
TOTAL				
ALUSTI TEST		ALUSTI TEST – SHORT VERSION		
SCORE	MOBILITY RANKING	SCORE	MOBILITY RANKING	
0-30	Mobility total dependence	0-15	Mobility total dependence	
31-40	Mobility severe dependence	16-30	Mobility moderate-severe dependence	
41-50	Mobility moderate dependence	31-36	Mobility mild dependence	
51-60	Mobility mild dependence	37-50	Preserved mobility	
61-75	Good mobility			
76-90	Very good mobility			
91-100	Excellent mobility			

RUE: right upper extremity; LUE: left upper extremity; RLE: right lower extremity; LLE: left lower extremity