

Introduction

The AI is a rating scale developed by Hauser et al (1983) to assess mobility by evaluating the time and degree of assistance required to walk 25 feet. Scores range from 0 (asymptomatic and fully active) to 10 (bedridden). The patient is asked to walk a marked 25-foot course as quickly and safely as possible. The examiner records the time and type of assistance (e.g., cane, walker, crutches) needed.

Source: Hauser SL, Dawson DM, Leirich JR, Beal MF, Kevy SV, Propper RD, Mills JA, Weiner HL. Intensive immunosuppression in progressive multiple sclerosis. A randomized, three-arm study of high-dose intravenous cyclophosphamide, plasma exchange, and ACTH. N Engl J Med. 1983 Jan 27;308(4):173-80.

Hauser Ambulation Index

- ☐ 0 = Asymptomatic; fully active.
- ☐ 1 = Walks normally, but reports fatigue that interferes with athletic or other demanding activities.
- ☐ 2 = Abnormal gait or episodic imbalance; gait disorder is noticed by family and friends; able to walk 25 feet (8 meters) in 10 seconds or less.
- ☐ 3 = Walks independently; able to walk 25 feet in 20 seconds or less.
- ☐ 4 = Requires unilateral support (cane or single crutch) to walk; walks 25 feet in 20 seconds or less.
- ☐ 5 = Requires bilateral support (canes, crutches, or walker) and walks 25 feet in 20 seconds or less; or requires unilateral support but needs more than 20 seconds to walk 25 feet.
- ☐ 6 = Requires bilateral support and more than 20 seconds to walk 25 feet; may use wheelchair* on occasion.
- ☐ 7 = Walking limited to several steps with bilateral support; unable to walk 25 feet; may use wheelchair* for most activities.
- ☐ 8 = Restricted to wheelchair; able to transfer self independently.
- ☐ 9 = Restricted to wheelchair; unable to transfer self independently.

*The use of a wheelchair may be determined by lifestyle and motivation. It is expected that patients in Grade 7 will use a wheelchair more frequently than those in Grades 5 or 6. Assignment of a grade in the range of 5 to 7, however, is determined by the patient's ability to walk a given distance, and not by the extent to which the patient uses a wheelchair.



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