

# AMPUTEE MOBILITY PREDICTOR ASSESSMENT TOOL – AMPnoPRO

Instructions: Testee is seated in a hard chair 40-50cm height with arms. The following maneuvers are tested with or without the prosthesis. Advise the person of each task or group of tasks prior to performance. Please avoid unnecessary chatter throughout the test and no task should be performed if either the tester or testee is uncertain of a safe outcome. One attempt only per item Maximum of 2 days allowed to complete assessment

The right limb is:  PF  TT  KD  TF  HD  intact      The left limb is:  PF  TT  KD  TF  HD  intact

**NAME:** \_\_\_\_\_ **ASSESSOR:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

1. <b>Sitting Balance</b> Sit forward without backrest, with arms folded across chest for 60s.	Cannot sit upright independently for 60s Can sit upright independently for 60s	=0 =1	Comments
2. <b>Sitting reach</b> Reach forwards and grasp the ruler using preferred arm (Tester holds ruler 26cm beyond extended arm midline to the sternum, or against the wall, intact foot midline)	Does not attempt Cannot grasp or required arm support Reaches forward and successfully grasps item	=0 =1 =2	
3. <b>Chair to chair transfer 90°</b> Chair height between 40-50cm, allowed to use aid but no armrests	Cannot do or requires physical assistance Performs task but unsteady or needs contact guarding Performs independently	=0 =1 =2	
4. <b>Arises from chair—single effort</b> Chair height between 40-50cm, tester asks patient to cross arms over chest. If unable, uses arms or assistive device	Unable without physical assistance Able, uses arms/assistive device to help Able without arms	=0 =1 =2	
5. <b>Arises from chair-multiple effort</b> Chair height between 40-50cm, multiple efforts allowed without penalty	Unable without physical assistance Able but requires >1 attempts Able to rise in one attempt	=0 =1 =2	
6. <b>Immediate standing Balance(1<sup>st</sup> 5 secs)</b> Standing on one leg, timing commences at initial hip extension	Unable Able, but requires use of arms for support Able without arm support	=0 =1 =2	
7. <b>Standing balance :30seconds</b> 1 <sup>st</sup> attempt do not use arm support, if unable, may use arm support on 2 <sup>nd</sup> attempt	Unable Able, but requires use of arms for support Able without arm support	=0 =1 =2	
8. (Amypro only)			
9. <b>Standing balance: standing reach</b> Reach forward and grasp the ruler 26cm beyond preferred arm midline to the sternum or against a wall	Unable Able, but requires use of arms for support Able without arm support	=0 =1 =2	
10. <b>Standing balance: nudge test</b> Standing on one leg, tester gently pushes on subjects sternum with palm of hand 3 times (ONLY if safe to do so)	Begins to fall, needs catching catches self using arms for support Steady, toes come up for equilibrium reaction	=0 =1 =2	
11. <b>Standing balance: eyes closed 30sec.</b>	Unsteady or uses arm support Steady without arm support	=0 =1	
12. <b>Standing balance: picking object off the floor</b> Object is placed 30cm in front of patient, midline	Unable Able, but requires use of arms for support Able without arm support	=0 =1 =2	
13. <b>Stand to sit</b> Patient is asked to sit in chair with arms crossed over chest. If unable, allow use of hands	Unable, or falls into chair Able, but uses arms for support Able, without use of arms	=0 =1 =2	
14. <b>Initiation of gait</b> Patient is asked to hop with an aid and observed for hesitancy	Any hesitancy or multiple attempts to start No hesitancy	=0 =1	
15. <b>Hopping 8 meters</b> a) Step length  b) Foot clearance (discourage deviations incl. Circumduction, foot sliding or shuffling)	a) Does not advances 30cm on each hop Advances minimum of 30cm each hop  b) Unable to clear foot without deviations Clears foot on every step	=0 =1  =0 =1	
16. <b>Step continuity</b>	Stopping or discontinuity between hops Hops appear continuous	=0 =1	
17. <b>Turning</b> 180° turn to sit in chair	Unable to turn without physical assistance No assistance, 4 or more hops to turn No assistance, 3 or less hops to turn	=0 =1 =2	
18. <b>Variable cadence</b> Patient is asked to hop 4 metres, and repeat a total of 4 times. Speeds are to vary from slow, fast, fast and then slow (ONLY if safe to do so)	Unable to vary cadence Able to vary cadence, but asymmetrical step lengths used or balance compromised Able without asymmetry or balance compromise	=0 =1 =2	

<b>19. Hopping over an obstacle</b> The patient is asked to hop over an obstacle 10cm high	Unable Able, but catches foot or appears unsafe Able, safe and independent	=0 =1 =2	
<b>20. Stairs</b> Patient is asked to ascend and descend at least 2 steps without holding the rail using crutches. If unable, patient may use the rail.	Ascending; Unable Able using the rail Able without the rail  Descending; Unable Able using the rail Able without the rail	=0 =1 =2  =0 =1 =2	
<b>21. Assistive device selection</b>	Bed bound Wheelchair Frame Crutches	=0 =1 =2 =3	

**Score \_\_\_/39**

K Classification	AMPnoPRO score	Key AMP Tasks
K0	?	Items 1,2,3,4,5,6,7 <ul style="list-style-type: none"> <li>• Ability to sit or stand without difficulty</li> </ul>
K1	?	Items 4,6,7,9,10,13,14 <ul style="list-style-type: none"> <li>• Able to sit to stand</li> <li>• Moderate standing balance</li> <li>• Can't displace COM over BOS</li> <li>• Initiates gait, possibly hesitant</li> <li>• Uses an assistive device</li> <li>• Probably low endurance</li> </ul>
K2	?	Items 7,9,10,15,16,17 <ul style="list-style-type: none"> <li>• Able to maintain standing balance</li> <li>• Ability for limited displacement of COM over BOS</li> <li>• Able to maintain balance with assistance when nudged</li> <li>• Able to take a full stride with at least one foot</li> <li>• Maintains step continuity and can complete a 3 step turn without intervention</li> </ul>
K3	?	Items 9,10,12,15,16,17,19,20 <ul style="list-style-type: none"> <li>• Ability to maintain single limb balance</li> <li>• Able to displace COM without difficulty</li> <li>• Able to maintain balance without assistance when nudged</li> <li>• Able to alter COM and correct without difficulty</li> <li>• Gait demonstrates equal strides, good continuity, varied cadence</li> <li>• Ability to turn independently with less than 3 steps</li> <li>• Able to step over obstacles and climb stairs</li> </ul>
K4	?	Items 9,15,16,17,18,19,20 <ul style="list-style-type: none"> <li>• Ability to maintain single limb balance with both legs</li> <li>• Able to perform most tasks at the highest level with good balance</li> <li>• Gait is symmetrical with the ability to clearly vary cadence and negotiate turns, obstacles and stairs independently</li> </ul>