

GROSS MOTOR ASSESSMENT

Name _____ District _____ DOB _____
 Age _____ Sex _____ Therapist _____ Date _____

ASSISTIVE DEVICES: _____

(I) Integrated (D) Delayed (A) Absent + Passed - Failed ± Inconsistent (NT) Not Tested

POSTURAL RESPONSES	I	D	A
Righting Reactions			
Neck Righting			
Body Righting			
Optical Righting			
Labyrinthine Righting			
Equilibrium Reactions			
Prone			
Supine			
Sitting			
Standing			
Protective Reactions			
Forward			
Sideways (Note R/L)			
Backwards			

TRUNK/MUSCLE TONE: right left

Upper Extremities:

Trunk:

Lower Extremities:

ROM: __WFL __limited in

REFLEXES (I) Integrated or (P) Present

ATNR	
STNR	
Moro	
TLR supine	
prone	

STRENGTH: __WFL __weakness in

POSTURAL ALIGNMENT:

(Record Seconds)	Head/Shoulders	Arms	Legs
Prone Extension			
Flexor Posture			

GAIT: __Normal __deviations including

COMMENTS: _____

DEVELOPMENTAL PROGRESSION TO STANDING:

- Weight bearing on forearms (3-4 mo)
- Pull to sitting from supine - support given at forearms (no head lag)(3-5 mo)
- Head held in midline in sitting (4-5 mo)
- Weight bearing on extended elbow (5-6 mo)
- Rolls supine to sides R L
- Rolls stomach to back (6 mo)
- Rolls back to stomach (6 mo)
- Sits unsupported (6-7 mo)
- Pushes up to hands and knees (6-7 mo)
- Assumes sitting (7-8 mo)
- Note: long tailor W-sit
 __ Other _____

- Pulls to standing (7-8 mo)
- Assumes kneeling (7-9 mo) w/support
- Assumes standing independently (7-8 mo)
- Maintains supported standing (7-8 mo)
- Creeps forward reciprocally (9-10 mo)
- Cruises along furniture (11-12 mo)
- Walks with one hand held (11-12 mo)
- Squats holding on to support (11-12 mo)
- Maintains unsupported standing for 2-3 seconds (11-13 mo)
- Walks alone (12-13 mo)

COMMENTS: _____

BALANCE:

- Balance on either foot with support (15-17 mo)
- Stoops and picks up toy (15-24 mo)
- Squats in play (20-42 mo)
- Walks sideways (14-17 mo)
- Steps backward (13-21 mo)
- Walks backward 6 feet (4 yr)
- Walks on tiptoes 4-5 steps (24-30 mo)
- Walks on tiptoes 10 feet (30-36 mo)
- Walks on a line (36 mo)
- Walks heel-to-toe (3½ yr)
- Walks on heels

Eyes Open **Eyes Closed**
 5 sec. (3 yr) 5 sec. (5½ yr)
 8 sec (3½ yr)

Right Foot	Sec.	Sec.	
Left Foot	Sec.	Sec.	

STAIRS/CLIMBING

- Walks up
 - 1 hand held (17-19 mo)
 - with rail (22-24 mo)
 - 1 at a time (24-26 mo)
 - alternating feet (30-34 mo)

- Walks Down
 - 1 hand held (18-24 mo)
 - with rail (24-26 mo)
 - 1 at a time (26-27 mo)
 - alternating feet (3½ yr)

- Climbs into chair (1 yr)
- Climbs low playground equipment (3 yr)

COORDINATED MOVEMENTS:

- Jumps off of floor with both feet (2 yr)
- Jumps from bottom step (2 yr)
- Broad Jumps – 8"-14" (2½ yr)
- Jumps forward consecutively (4 yr)
- Hops in place 2X (4 yr) # ___ R # ___ L
- Hops forward 6 ft. (5 yr) # ___ R # ___ L
- Runs smoothly (3½ yr)
- Gallops (3½ yr) leads with ___ R ___ L
- Skips smoothly (4½ yr)

COMMENTS: _____

Motor Planning: ___ G ___ F ___ P

BALL PLAY:

- Throws:**
- Throws small (2-3") ball with one hand
 - without direction (9mo)
 - controlled (1½ yr)
 - Throws small ball overhand
 - with body motion (2 yr)
 - without body motion (4 yr)

Catches:

- Stops medium (6-8") rolled ball in sitting (15 mo)
- Catches medium bounced ball from 4'
 (with arms 3 yr) (with hands 6 yr)

Midline	Off Center
___ arms	___ arms
___ chest	___ chest
___ hands	___ hands

- Catches medium ball thrown underhand from 5'
 (4½ yr)

Midline	Off Center
___ arms	___ arms
___ chest	___ chest
___ hands	___ hands

- Catches medium ball thrown overhand from 5'
 (5½ yr)

Midline	Off Center
___ arms	___ arms
___ chest	___ chest
___ hands	___ hands

Bounces:

- Bounces and catches medium ball 1 time (6 yr)
- Dribbles (specify R/L) (5½ yr)
 - In place forward

Kicks:

- Stationary ball (1½ yr)
- Walks to and kicks ball (2½ yr)
- Kicks rolling ball (3½ yr)
- Runs to and kicks ball (4½ yr)
- Preferred foot ___ R ___ L