POSTURAL ASSESSMENT SCALE FOR STROKE PATIENTS (PASS)

PURPOSE:

Designed for patients with stroke. 12 items of increasing difficulty that measure balance in lying, sitting, and standing. Measures ability to maintain equilibrium in static and dynamic positions. Assesses bed mobility and advanced balance tasks.

EQUIPMENT:

Mat

INSTRUCTIONS:

- Takes 1-10 minutes to complete.

SCORING:

- Scored on a 4 point scale from 0-4.
- Total score = 36 for 12 tasks.
- Short form = 5 tasks with a possible score of 15

MAINTAINING POSTURE

Give subject instructions for each item as written below. Record the lowest response score that applies for each.

1. Sitting without Support
Have subject sit on bench/mat without back support with feet flat on floor.

    ___ (3) Can sit for 5 minutes without support
    ___ (2) Can sit for more than 10 seconds without support
    ___ (1) Can sit with slight support (by 1 hand)
    ___ (0) Cannot sit

2. Standing with Support
Have subject stand, providing support as needed. Evaluate only the ability to stand with or without support. Do not consider the quality of stance.

    ___ (3) Can stand with support of only 1 hand
    ___ (2) Can stand with moderate support of 1 person
    ___ (1) Can stand with strong support of 2 people
    ___ (0) Cannot stand, even with support

3. Standing without Support
Have subject stand without support. Evaluate only the ability to stand with or without support. Do not consider quality of stance.

    ___ (3) Can stand without support for more than 1 minute and simultaneously   perform
        arm movements at about shoulder level
    ___ (2) Can stand without support for 1 minute or stand slightly asymmetrically
    ___ (1) Can stand without support for 10 seconds or leans heavily on 1 leg
    ___ (0) Cannot stand without support

4. Standing on Nonparetic Leg
Have subject stand on the non-paretic leg. Evaluate only the ability to bear weight entirely on non-paretic leg. Do not consider how subject accomplishes task.

    ___ (3) Can stand on non-paretic leg for more than 10 seconds
    ___ (2) Can stand on non-paretic leg for more than 5 seconds
    ___ (1) Can stand on non-parectic leg for a few seconds
    ___ (0) Cannot stand on non-paretic leg

5. Standing on Paretic Leg
Have subject stand on the paretic leg. Evaluate only the ability to ear weight entirely on the paretic leg. Do not consider how subject accomplishes the task.

    ___ (3) Can stand on paretic leg for more than 10 seconds
    ___ (2) Can stand on paretic leg for more than 5 seconds
    ___ (1) Can stand on paretic leg for a few seconds
    ___ (0) Cannot stand on paretic leg

Maintaining Posture SUBTOTAL: ____

CHANGING A POSTURE

6. Supine to Paretic Side Lateral
Begin with pt in supine on tx mat. Instruct pt to roll to paretic side (lateral movement). Assist as necessary. Evaluate pt's performance on amt of help required. Don't consider quality of mvmnt.

___ (3) Can perform without help
___ (2) Can perform with little help
___ (1) Can perform with much help
___ (0) Cannot perform

7. Supine to Non-paretic Side lateral
Begin with pt in supine on tx mat. Instruct pt to roll to non-paretic side (lateral movement). Assist as necessary. Evaluate pt's performance on amt of help required. Don't consider quality of mvmnt.

___ (3) Can perform without help
___ (2) Can perform with little help
___ (1) Can perform with much help
___ (0) Cannot perform

8. Supine to Sitting up on the Edge Mat
Begin with pt in supine on tx mat. Instruct pt to come to sitting on edge of mat. Assist as necessary. Evaluate pt's performance on amt of help required. Don't consider quality of mvmnt.

___ (3) Can perform without help
___ (2) Can perform with little help
___ (1) Can perform with much help
___ (0) Cannot perform

9. Sitting on the Edge of Mat to Supine
Begin with subject sitting on edge of mat. Instruct pt to return to supine. Assist as necessary. Evaluate the subject's performance on the amount of help required.

___ (3) Can perform without help
___ (2) Can perform with little help
___ (1) Can perform with much help
___ (0) Cannot perform

10. Sitting to Standing Up
Begin with pt sitting on edge of mat. Instruct pt to stand up without support. Assist as necessary. Evaluate pt's performance on amount of help required.

___ (3) Can perform without help
___ (2) Can perform with little help
___ (1) Can perform with much help
___ (0) Cannot perform

11. Standing up to Sitting Down
Begin with pt sitting on edge of mat. Instruct pt to sit on edge of mat w/o support. Assist as necessary. Evaluate subject's performance on amt of help required.

___ (3) Can perform without help
___ (2) Can perform with little help
___ (1) Can perform with much help
___ (0) Cannot perform

12. Standing, Picking Up a Pencil from the Floor
Begin with the subject standing. Instruct the subject to pick up pencil form floor without support. Assist as necessary. Evaluate the subject's performance on the amount of help required.

___ (3) Can perform without help
___ (2) Can perform with little help
___ (1) Can perform with much help
___ (0) Cannot perform

Changing Posture SUBTOTAL _____   TOTAL COMBINED SCORE: _____