**EVALUATION OF LOWER EXTREMITY ATAXIA**

**Name:**

**Date of Birth:**

**Country:**

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| **SARA Scale - Heel-Shin Slide** | |
| Lying supine, the athlete lifts one leg, places heel on opposite knee, slides down along the shin to the ankle, lays the leg back down and repeats the movement 3 times. Slide-down movements should be performed within 1 second. | |
| **Grade** | **Description** |
| 0 | Normal |
| 1 | Slightly abnormal, contact to shin maintained |
| 2 | Clearly abnormal, goes off shin up to 3 times during 3 cycles |
| 3 | Severely abnormal, goes off shin 4 or more times during 3 cycles |
| 4 | Unable to perform the task |

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| **Task** | **Result** | |
| **Left** | **Right** |
| **Heel-shin slide** | /4 | /4 |

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| **SARA Scale - Stance** | |
| The subject stands bare feet with eyes open in (1) natural position, (2) with feet together in parallel (big toes touching each other) and (3) in tandem (both feet on one line, no space between heel and toe). For each position, three trials are allowed. Best trial is rated (max 10 seconds). | |
| **Grade** | **Description** |
| 0 | Normal, able to stand in tandem for > 10 s |
| 1 | Able to stand with feet together without sway, but not in tandem for > 10s |
| 2 | Able to stand with feet together for > 10 s, but only with sway |
| 3 | Able to stand for > 10 s without support in natural position, but not feet together |
| 4 | Able to stand for >10 s in natural position only with intermittent support |
| 5 | Able to stand >10 s in natural position only with constant support of one arm |
| 6 | Unable to stand for >10 s even with constant support of one arm |

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| **Task** | **Result** |
| **Natural Stance** | /6 |
| **Feet together** |
| **Tandem** |

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| **SARA Scale - Gait** | |
| The subject (1) walks at a safe distance parallel to a wall a minimum of 10 meters, turns around to face the opposite direction and (2) walks in tandem (heel to toe) a minimum of 10 steps. | |
| **Grade** | **Description** |
| 0 | Normal, no difficulties in walking, turning and walking tandem (up to one misstep allowed) |
| 1 | Slight difficulties, only visible when walking 10 consecutive steps in tandem |
| 2 | Clearly abnormal, tandem walking >10 steps not possible |
| 3 | Considerable staggering, difficulties in half-turn, but without support |
| 4 | Marked staggering, intermittent support of the wall required |
| 5 | Severe staggering, permanent support of one stick or light support by one arm required |
| 6 | Walking > 10 m only with strong support (two special sticks or stroller or accompanying person) |
| 7 | Walking < 10 m only with strong support (two special sticks or stroller or accompanying person) |

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| **Task** | **Result** |
| **Gait** | /7 |

Date:

Medical Practitioner name and title:

Medical Practitioner signature: