

## Rivermead Mobility Index

Overview: The Rivermead Mobility Index is a measure of disability related to bodily mobility. It demonstrates the patient's ability to move her or his own body. It does not measure the effective use of a wheelchair or the mobility when aided by someone else. It was developed for patients who had suffered a head injury or stroke at the Rivermead Rehabilitation Centre in Oxford England.

### Rivermead Motor Index

No	Parameter	Question
1	Turning over in bed	Do you turn over from your back to side without help?
2	Lying to sitting	From lying in bed do you get up to sit on the edge of the bed on your own?
3	Sitting balance	Do you sit on the edge of the bed without holding on for 10 seconds?
4	Sitting to standing	Do you stand up (from any chair) in less than 15 seconds and stand there for 15 seconds (using hands and with an aid if necessary)?
5	Standing unsupported	Observe standing for 10 seconds without any aid or support.
6	Transfer	Do you manage to move from bed to chair and back without any help?
7	Walking inside with an aid if needed	Do you walk 10 meters with an aid or furniture if necessary but with no standby help?
8	Stairs	Do you manage a flight of stairs without help?
9	Walking outside (even ground)	Do you walk around outside on pavements without help?
10	Walking inside with no aid	Do you walk 10 meters inside with no caliper splint aid or use of furniture and no standby help?
11	Picking off floor	If you drop something on the floor do you manage to walk 5 meters pick it up and then walk back?
12	Walking outside (uneven ground)	Do you walk over uneven ground (grass gravel dirt snow ice etc.) without help?
13	Bathing	Do you get in and out of bath or shower unsupervised and wash self?
14	Up and down 4 steps	Do you manage to go up and down 4 steps with no rail and without help but using an aid if necessary?
15	Running	Do you run 10 meters without limping in 4 seconds (a fast walk is acceptable)?

<b>Response</b>	<b>Points</b>
Yes	1
No	0

Rivermead motor index = SUM(points for all 15 questions)

Interpretation:

- minimum score = 0
- maximum score =1
- The higher the score the better the mobility.

References:

Collen FM Wade DT et al. The Rivermead Mobility Index: a further development of the Rivermead Motor Assessment. Int Disabil Studies. 1991; 13: 50-54.