

BMAT- PICTURE GUIDE: ADULT

Assessment Level 1- Sit and Shake

1. From a semi-reclined position, ask patient to sit up and rotate to a seated position at the side of the bed. *May use the bed rail.*
2. Ask patient to reach out and grab your hand and shake making sure patient reaches across his/her midline



PASS= Patient is able to come to a seated position, maintain core strength. Maintains seated balance while reaching across midline. Move on to Assessment Level 2

FAIL= Patient unable to perform tasks, patient is **MOBILITY LEVEL 1**

Assessment Level 2- Stretch and Point

1. With patient in seated position at the side of the bed, have patient place both feet on the floor (or stool) with knees no higher than hips.
2. Ask patient to stretch one leg and straighten the knee, then bend the ankle/flex and point the toes. If appropriate, repeat with the other leg.



PASS= Patient is able to demonstrate appropriate quad strength on intended weight bearing limb(s). Move onto Assessment Level 3

FAIL= Patient unable to complete task. Patient is **MOBILITY LEVEL 2**

Assessment Level 3- Stand

1. Ask patient to elevate off the bed or chair (seated to standing) using an assistive device (cane, bedrail).
2. Patient should be able to raise buttocks off bed and hold for a count of five. May repeat once.



PASS= Patient maintains standing stability for at least 5 seconds, proceed to assessment level 4.

FAIL= Patient unable to demonstrate standing stability. Patient is **MOBILITY LEVEL 3**

Assessment Level 4- Walk

1. Ask patient to march in place at bedside.
2. Then ask patient to advance step and return each foot.



PASS= Patient demonstrates balance while shifting weight and ability to step, takes independent steps, does not use assistive device patient is **MOBILITY LEVEL 4**

FAIL= Patient not able to complete tasks OR requires use of assistive device. Patient is **MOBILITY LEVEL 3**

*There are medical conditions that may render a patient unable to step backward; use your best clinical judgment.

Bmat Guide

RD Boyd

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