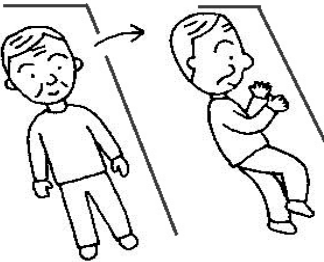
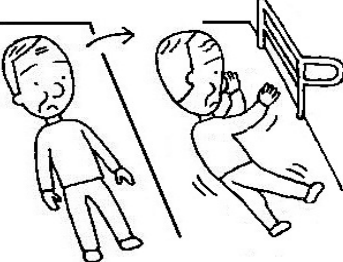

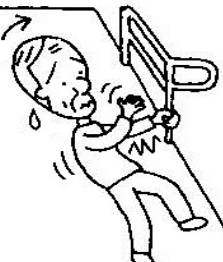
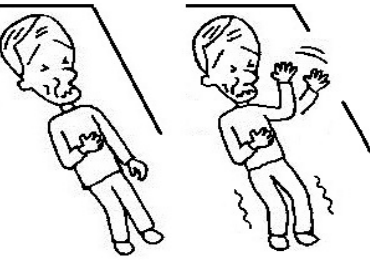
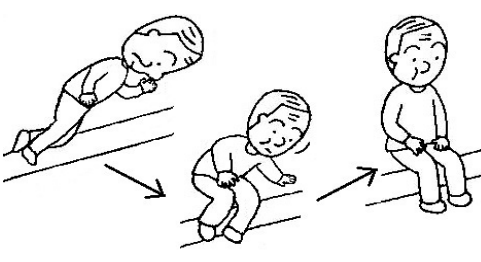
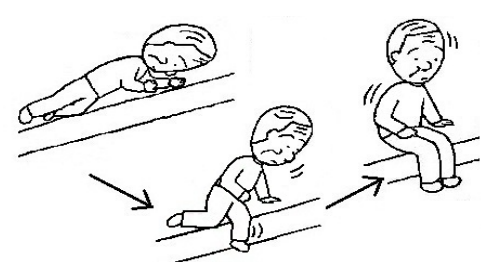
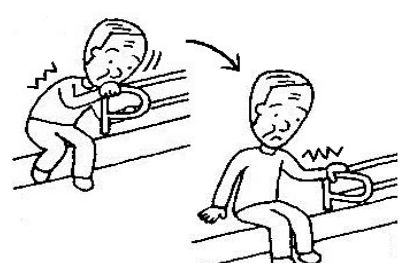

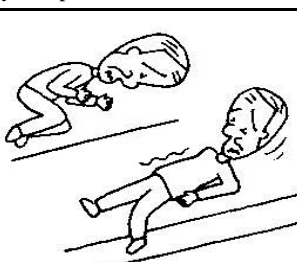


Turning over in a bed		
classification	illustration	state
<p>↑ High 5</p> <p>Possible without using the upper limbs</p>	 <p>Can easily turn onto side without holding onto something.</p>	<ul style="list-style-type: none"> •Moving upper and lower limbs enables easy turning onto side without holding onto something. •Possible every time.
<p>4</p> <p>Possible without using the upper limbs, but not every time</p>	 <p>Turning onto side possible without holding onto something, but sometimes not possible.</p>	<ul style="list-style-type: none"> •Moving upper and lower limbs enables easy turning onto side without holding onto something, but not possible every time.
<p>3</p> <p>Possible when using the upper limbs</p>	 <p>Turning onto side possible when holding onto something (not possible without holding onto something).</p>	<ul style="list-style-type: none"> •Using upper and lower limbs and holding onto something enables turning onto side. Possible every time.
<p>2</p> <p>Possible when using the upper limbs, but not every time</p>	 <p>Turning onto side sometimes not possible even when holding onto something. Partial turning onto side possible.</p>	<ul style="list-style-type: none"> •Using upper and lower limbs and holding onto something enables turning onto side, but not every time. •Also, can move shoulders and pelvis off bed, but turning onto side not possible.
<p>1 ↓ Low</p> <p>Not possible</p>	 <p>Turning onto side not possible.</p>	<ul style="list-style-type: none"> •Cannot move. •Also, can move shoulders and pelvis a little off bed by moving upper and lower limbs, but immediately returns to the supine position.




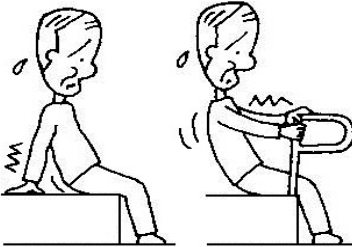
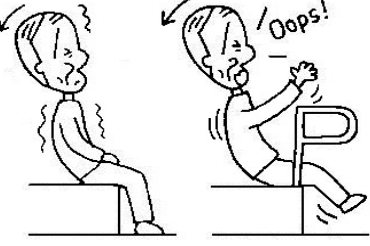
Note) This movement can be performed in two directions (left, right). For consistency, please assess the direction most frequently used in daily life, that is the Practical side, with the other direction being the Unpractical side.

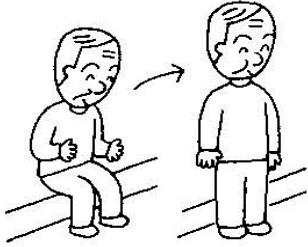
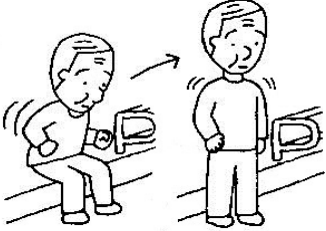
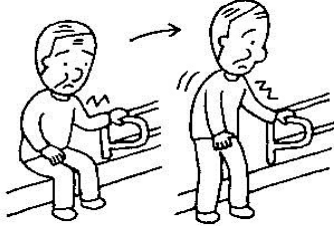

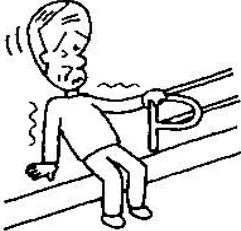
Sitting up on a bed		
classification	illustration	state
↑ High 5	 <p>Can easily sit up from a side-lying position, without holding onto something</p>	<ul style="list-style-type: none"> • Can easily sit up without holding onto something by pushing or pulling with upper and lower limbs on the opposite side. • Possible every time.
4	 <p>Can sit up from a side-lying position without holding onto something, but not every time</p>	<ul style="list-style-type: none"> • Can sit up from a side-lying position by pushing or pulling with upper and lower limbs on the opposite side, even when not holding onto something. • Not possible every time.
3	 <p>Can sit up from a side-lying position when holding onto something (cannot without holding onto something)</p>	<ul style="list-style-type: none"> • Can sit up when holding onto something and pushing or pulling with upper and lower limbs on the opposite side. • Possible every time.
2	 <p>Sometimes cannot sit up from a side-lying position even when holding onto something, but manages to partially sit up</p>	<ul style="list-style-type: none"> • Can sit up from a side-lying position when holding onto something and pushing or pulling with upper and lower limbs on opposite side, but not every time. • Also, when trying to sit up, movement stops part way through.
1 ↓ Low	 <p>Cannot sit up</p>	<ul style="list-style-type: none"> • Cannot move. • Also, cannot sit up even when head and upper body are a little off the bed and when holding onto something and pushing or pulling with upper and lower limbs on opposite side.

Note) This movement can be performed in two directions (left, right).

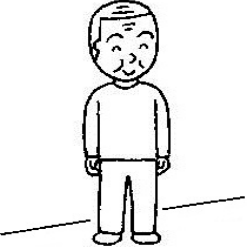

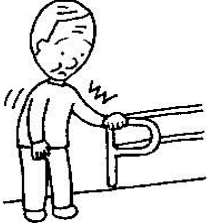


For consistency, please assess the direction most frequently used in daily life, that is the Practical side, with the other direction being the Unpractical side.

Maintaining a sitting position

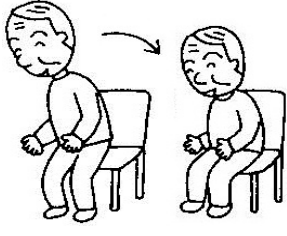
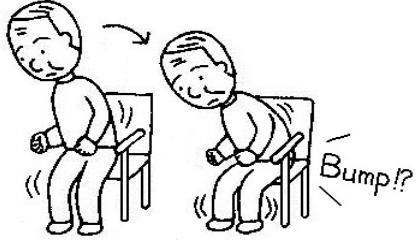
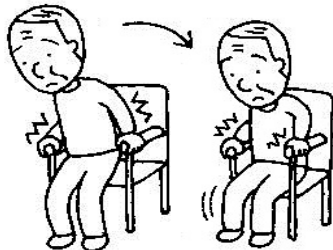
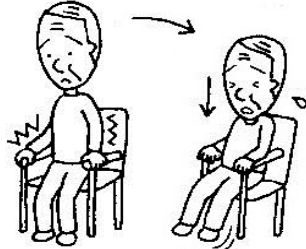
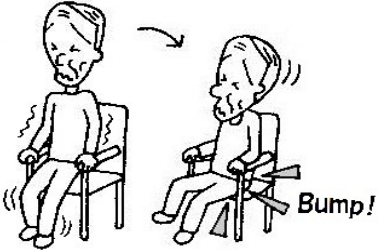
classification		illustration	state
↑ High 5	Possible without using the upper limbs		<ul style="list-style-type: none"> • Can maintain a sitting position for about 1 min without using upper limbs for support or holding onto something. • Possible every time.
4	Possible without using the upper limbs, but not every time		<ul style="list-style-type: none"> • Cannot maintain a sitting position for about 1 min every time without using upper limbs for support or holding onto something. • Sometimes uses upper limbs, but cannot maintain a sitting position every time.
3	Possible when using the upper limbs		<ul style="list-style-type: none"> • Can maintain a sitting position for about 1 min using upper limbs for support or holding onto something. • Possible every time.
2	Possible when using the upper limbs, but not every time		<ul style="list-style-type: none"> • Can maintain a sitting position for about 1 min using upper limbs for support or holding onto something, but not every time. • Loss of posture sometimes.
1 ↓ Low	Not possible		<ul style="list-style-type: none"> • Cannot maintain a sitting position for about 1 min even when using upper limbs for support or holding onto something. • Even when posture is adjusted by another person to enable sitting, the score is 1.

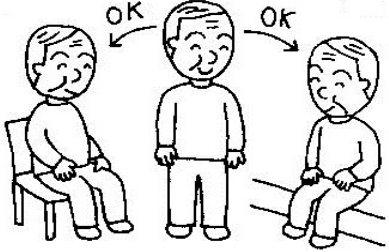
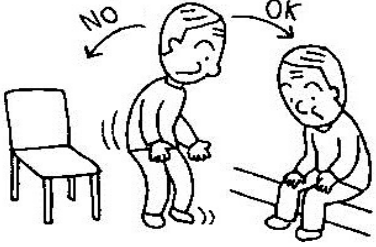
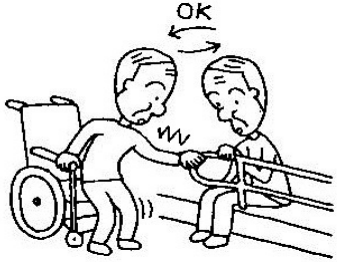
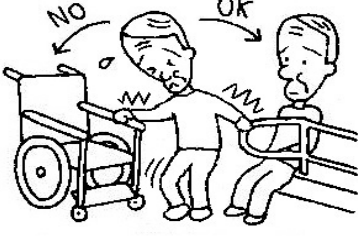
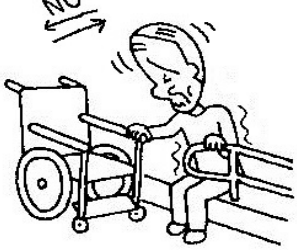
Standing up		
classification	illustration	state
↑ High 5	 <p>Can easily stand up without holding onto something</p>	<ul style="list-style-type: none"> • Can easily stand up without using the upper limbs or holding onto something. • Possible every time.
4	 <p>Sometimes cannot stand up without holding onto something</p>	<ul style="list-style-type: none"> • Can stand up without pushing with the upper limbs or holding onto something, but not every time.
3	 <p>Can stand up when holding onto something (not without holding onto something)</p>	<ul style="list-style-type: none"> • Can stand up when pushing with the upper limbs or holding onto something. • Possible every time.
2	 <p>Sometimes cannot stand up even when holding onto something</p>	<ul style="list-style-type: none"> • Can stand up when pushing with the upper limbs or holding onto something, but not every time. • Or, can stand up when pushing with the upper limbs or holding onto something, but movement stops part way through.
1 ↓ Low	 <p>Cannot stand up even when holding onto something</p>	<ul style="list-style-type: none"> • Cannot rise from the seated position even when pushing with upper limbs or holding onto something. • Or, can rise a little, but immediately sits down.

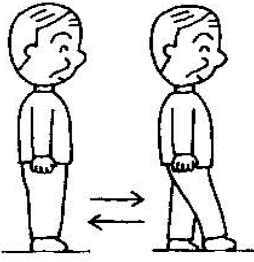
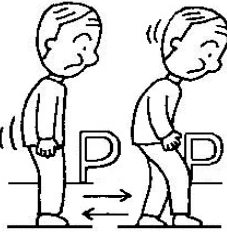


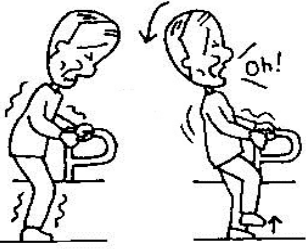
Maintaining a standing position

classification	illustration	state	
<p>↑ High 5</p>	<p>Possible without using the upper limbs</p>	 <p>Can maintain a standing position without using upper limbs</p>	<ul style="list-style-type: none"> • Can easily maintain a standing position without holding onto something. • Can remain standing for about 10 sec without holding onto something. • Possible every time.
<p>4</p>	<p>Possible without using the upper limbs, but not every time</p>	 <p>Sometimes cannot maintain a standing position when not holding onto something</p>	<ul style="list-style-type: none"> • Can remain standing for about 10 sec without holding onto something, but not every time. • Sometimes holds onto something, but not every time.
<p>3</p>	<p>Possible when using the upper limbs</p>	 <p>Can maintain a standing position when holding onto something (not possible without holding onto something)</p>	<ul style="list-style-type: none"> • Can remain standing for about 10 sec when holding onto something. • Possible every time.
<p>2</p>	<p>Possible when using the upper limbs, but not every time</p>	 <p>Sometimes cannot maintain a standing position even when holding onto something</p>	<ul style="list-style-type: none"> • Can remain standing for about 10 sec when holding onto something, but not every time.
<p>1 ↓ Low</p>	<p>Not possible</p>	 <p>Cannot maintain a standing position even when holding onto something</p>	<ul style="list-style-type: none"> • Cannot remain standing for about 10 sec even when holding onto something.

Sitting down

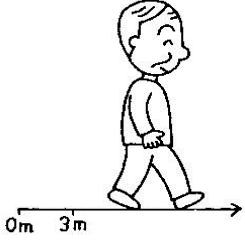
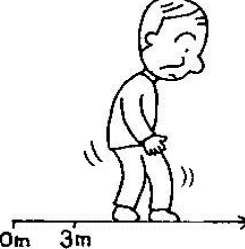
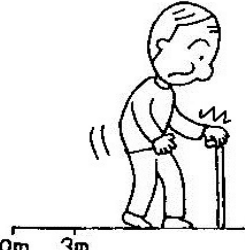
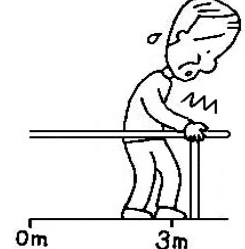

Sitting down		
classification	illustration	state
↑ High 5	 <p style="text-align: center;">With concentration, can easily sit down without holding onto something</p>	<ul style="list-style-type: none"> • With concentration, can comfortably sit down without holding onto something. • Possible every time.
4	 <p style="text-align: center;">Can sit down without holding onto something, but, even when concentrating, sometimes sits down heavily</p>	<ul style="list-style-type: none"> • Even when not holding onto something, can adjust the speed of sitting down, but not every time. • Even when concentrating, sometimes sits down heavily.
3	 <p style="text-align: center;">Can sit down when holding onto something and sit down lightly when concentrating (not possible without holding onto something)</p>	<ul style="list-style-type: none"> • Can adjust speed of sitting down when holding onto something. • Possible every time. • Does not sit down heavily when concentrating.
2	 <p style="text-align: center;">Sometimes sits down heavily even when holding onto something.</p>	<ul style="list-style-type: none"> • Can adjust speed of sitting down when holding onto something, but not every time. • Sometimes sits down heavily, even when concentrating.
1 ↓ Low	 <p style="text-align: center;">Sits down heavily even when holding onto something</p>	<ul style="list-style-type: none"> • Cannot adjust speed of sitting down even when holding onto something, sits down heavily. • Not possible every time.

Transfer movements		
classification	illustration	state
↑ High 5	 <p>Transfer movements to left/right possible without holding onto something</p>	<ul style="list-style-type: none"> • Comfortable transfer movements possible in any environment without holding onto something, as well as return to original position. • Possible every time.
4	 <p>Transfer movements sometimes not possible without holding onto something. Always possible in one direction</p>	<ul style="list-style-type: none"> • Transfer movements possible in any environment without holding onto something, return movements also possible, but not every time. • Or, transfer movements in one direction possible every time.
3	 <p>Transfer movements to left/right possible when holding onto something (not possible without holding onto something)</p>	<ul style="list-style-type: none"> • Transfer movements possible in any environment when holding onto something, and return movements. • Possible every time.
2	 <p>Transfer movements sometimes not possible even when holding onto something. Always possible in one direction</p>	<ul style="list-style-type: none"> • Transfer movements possible in any environment when holding onto something, and return movements possible, but not every time. • Or, transfer movements in one direction possible every time when holding onto something.
1 ↓ Low	 <p>Cannot perform transfer movements even when holding onto something</p>	<ul style="list-style-type: none"> • Transfer movements not possible even when holding onto something.

Taking a step		
classification	illustration	state
↑ High 5	 <p>Can easily take a step without holding onto something and return to original position</p>	<ul style="list-style-type: none"> • Can step forward with one leg and bring the leg back to the original position without holding onto something. • Possible every time.
4	 <p>Can take a step without holding onto something, but sometimes taking a step and returning to the original position is not possible</p>	<ul style="list-style-type: none"> • Can take a step and return to the original position when not holding onto something, but not every time.
3	 <p>Can take a step and return to the original position when holding onto something (not possible without holding onto something)</p>	<ul style="list-style-type: none"> • Can take a step with one leg and bring the leg back to the original position when holding onto something. • Possible every time.
2	 <p>Can take a step when holding onto something, but sometimes cannot return to the original position</p>	<ul style="list-style-type: none"> • Can take step forward with one leg when holding onto something and return to the original position, but not every time. • Or, can take a step with one leg when holding onto something, but cannot return to the original position. • Sometimes falls over when trying to take a step.
1 ↓ Low	 <p>Cannot take a step even when holding onto something</p>	<ul style="list-style-type: none"> • Cannot take a step even when holding onto something. • Sometimes falls over when trying to take a step.

Note) This movement can be performed in two directions (left, right). For consistency, please assess the direction most frequently used in daily life, that is the Practical side, with the other direction being the Unpractical side.

Walking

classification	illustration	state
<p>↑ High 5</p>	<p>Possible without using the upper limbs</p>	 <p>Can easily walk without using an aid</p>
<p>4</p>	<p>Possible without using the upper limbs, but not every time</p>	 <p>Can walk 3 m or more without using anything, but sometimes cannot</p>
<p>3</p>	<p>Possible when using the upper limbs</p>	 <p>Can walk 3 m or more using an aid (cannot walk 3 m or more without using an aid)</p>
<p>2</p>	<p>Possible when using the upper limbs, but not every time</p>	 <p>Sometimes cannot walk 3 m or more even when using an aid</p>
<p>1 ↓ Low</p>	<p>Not possible</p>	 <p>Cannot walk 3 m even when using an aid</p>