
1. Variability - a measure of inconsistency and arrhythmicity of stepping and/or arm movements
   0 = fluid and predictably paced limb movements
   1 = occasional interruptions (changes in speed) approximately 25% of the time
   2 = unpredictability of rhythm approximately 25%-75% of the time
   3 = random timing of limb movements

2. Guardedness - hesitancy, slowness, diminished propulsion, and lack of commitment in stepping and arm swing
   0 = good forward momentum and lack of apprehension in propulsion
   1 = center of gravity of head, arms, and trunk (HAT) projects only slightly in front of pushoff, but still good arm-leg coordination
   2 = HAT held over anterior aspect of foot and some moderate loss of smooth reciprocation
   3 = HAT held over rear aspect of stance phase foot and great tentativeness in stepping

3. Staggering - sudden and unexpected laterally directed partial losses of balance
   0 = no losses of balance to side
   1 = a single lurch to side
   2 = two lurches to side
   3 = three or more lurches to side

4. Foot contact - the degree to which heel strikes the ground before the forefoot
   0 = very obvious angle of impact of heel on ground
   1 = barely visible contact of heel before forefoot
   2 = entire foot lands flat on ground
   3 = anterior aspect of foot strikes ground before heel

5. Hip ROM - the degree of loss of hip range of motion seen during a gait cycle
   0 = obvious angulation of thigh backward during double support (10°)
   1 = just barely visible angulation backward from vertical
   2 = thigh in line with vertical projection from ground
   3 = thigh angled forward from vertical at maximum posterior excursion

6. Shoulder extension - a measure of the decrease of shoulder range of motion
   0 = clearly seen movement of upper arm anterior (15°) and posterior (20°) to vertical axis of trunk
   1 = shoulder flexes slightly anterior to vertical axis
   2 = shoulder comes only to vertical axis or slightly posterior to it during flexion
   3 = shoulder stays well behind vertical axis during entire excursion

7. Arm-heel-strike synchrony - the extent to which the contralateral movements of an arm and leg are out of phase
   0 = good temporal conjunction of arm and contralateral leg at apex of shoulder and hip excursions all of the time
   1 = arm and leg slightly out of phase 25% of the time
   2 = arm and leg moderately out of phase 25%-50% of the time
   3 = little or no temporal coherence of arm and leg

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distance walked approx 25 feet each direction, 50 feet total.
"Sensitivity (62.3%) and specificity (87.1%) for recurrent fall risk have been determined for community-dwelling older men (64–96 years of age), including a cutoff score of 9 for recurrent fall risk." (Brach, 2002)


The original GARS is a 16 item measure (Wolfson, 1990)