Postural Assessment Scale for Stroke Patients (PASS)
Scoring Form

Maintaining a Posture

Give the subject instructions for each item as written below. When scoring the item, record the lowest response category that applies for each item.

1. Sitting Without Support

Examiner: Have the subject sit on a bench/mat without back support and with feet flat on the floor.

____(3) Can sit for 5 minutes without support

____(2) Can sit for more than 10 seconds without support

____(1) Can sit with slight support (for example, by 1 hand)

____(0) Cannot sit

2. Standing With Support

Examiner: Have the subject stand, providing support as needed. Evaluate only the ability to stand with or without support. Do not consider the quality of the stance.

____(3) Can stand with support of only 1 hand

____(2) Can stand with moderate support of 1 person

____(1) Can stand with strong support of 2 people

____(0) Cannot stand, eVen with support

3. Standing Without Support

Examiner: Have the subject stand without support. Evaluate only the ability to stand with or without support. Do not consider the quality of the stance.

____(3) Can stand without support for more than 1 minute and simultaneously perform arm movements at about shoulder level

____(2) Can stand without support for 1 minute or stands slightly asymmetrically

____(1) Can stand without support for 10 seconds or leans heavily on 1 leg

____(0) Cannot stand without support

4. Standing on Nonparetic Leg

Examiner: Have the subject stand on the nonparetic leg. Evaluate only the ability to bear weight entirely on the nonparetic leg. Do not consider how the subject accomplishes the task.

____(3) Can stand on nonparetic leg for more than 10 seconds

____(2) Can stand on nonparetic leg for more than 5 seconds

____(1) Can stand on nonparetic leg for a few seconds

____(0) Cannot stand on nonparetic leg

5. Standing on Paretic Leg

Examiner: Have the subject stand on the paretic leg. Evaluate only the ability to bear weight entirely on the paretic leg. Do not consider how the subject accomplishes the task.

    ____(3) Can stand on paretic leg for more than 10 seconds

    ____(2) Can stand on paretic leg for more than 5 seconds

    ____(1) Can stand on paretic leg for a few seconds

    ____(0) Cannot stand on paretic leg

Maintaining Posture SUBTOTAL   _____

Changing a Posture

6. Supine to Paretic Side Lateral

Examiner: Begin with the subject in supine on a treatment mat. Instruct the subject to roll to the paretic side (lateral movement). Assist as necessary. Evaluate the subject's performance on the amount of help required. Do not consider the quality of performance.

    ____(3) Can perform without help

    ____(2) Can perform with little help

    ____(1) Can perform with much help

    ____(0) Cannot perform

7. **Supine to Nonparetic Side Lateral**

Examiner: Begin with the subject in supine on a treatment mat. Instruct the subject to roll to the nonparetic side (lateral movement). Assist as necessary. Evaluate the subject's performance on the amount of help required. Do not consider the quality of performance.

    ____(3) Can perform without help

    ____(2) Can perform with little help

    ____(1) Can perform with much help

    ____(0) Cannot perform

8. **Supine to Sitting Up on the Edge of the Mat**

Examiner: Begin with the subject in supine on a treatment mat. Instruct the subject to come to sitting on the edge of the mat. Assist as necessary. Evaluate the subject's performance on the amount of help required. Do not consider the quality of performance.

    ____(3) Can perform without help

    ____(2) Can perform with little help

    ____(1) Can perform with much help

    ____(0) Cannot perform

9. Sitting on the Edge of the Mat to Supine

Examiner: Begin with the subject sitting on the edge of a treatment mat. Instruct the subject to return to supine. Assist as necessary. Evaluate the subject's performance on the amount of help required. Do not consider the quality of performance.

_____(3) Can perform without help

_____(2) Can perform with little help

_____(1) Can perform with much help

_____(0) Cannot perform

10. Sitting to Standing Up

Examiner: Begin with the subject sitting on the edge of a treatment mat. Instruct the subject to stand up without support. Assist if necessary. Evaluate the subject's performance on the amount of help required.
Do not consider the quality of performance.

_____(3) Can perform without help

_____(2) Can perform with little help

_____(1) Can perform with much help

_____(0) Cannot perform

11. Standing Up to Sitting Down

Examiner: Begin with the subject standing by the edge of a treatment mat. Instruct the subject to sit on edge of mat without support. Assist if necessary. Evaluate the subject's performance on the amount of help required. Do not consider the quality of performance.

_____(3) Can perform without help

_____(2) Can perform with little help

_____(1) Can perform with much help

_____(0) Cannot perform

12. Standing, Picking Up a Pencil from the Floor

Examiner: Begin with the subject standing. Instruct the subject to pick up a pencil from the floor without support. Assist if necessary. Evaluate the subject's performance on the amount of help required. Do not consider the quality of performance.

_____(3) Can perform without help

_____(2) Can perform with little help

_____(1) Can perform with much help

_____(0) Cannot perform

Changing Posture SUBTOTAL_____

Changing Posture SUBTOTAL_____

TOTAL _____/36

The PASS scans 3 fundamental postures and position changes: lying, sitting, and standing and is derived from the Fugl-Meyer assessment of balance and mobility. It takes about 15 minutes to perform and score the test.

Norms

Healthy Older Adults: (Benaim et al, 1999; n = 30; mean age = 63.3 (1.5) years)

— Mean PASS score = 35.7 points, range = 32 to 36 points

Standard Error of Measurement

Chronic stroke 6-292 months

1.14 points for PASS

Minimal Detectable Change

Chronic Stroke: (Liaw et al, 2008)

— MDC of PASS: 3.2 points

NAME:_____

Date	Score	Notes

Total possible score is 36