

## BMAT- Pediatrics

Recommended patient population: Patients age  $\geq 4$  years of age with ability to follow directions

Ensure activity order in place and safety screening clearance before assessing with BMAT

<p style="text-align: center;"><b>ASSESSMENT LEVEL 1</b> <i>SIT AND SHAKE</i></p> <p>From a semi-reclined position, ask your patient to sit upright and rotate to a seated position at the side of the bed.</p> <p>Ask patient to reach across midline to shake your hand</p>		<p style="text-align: center;"><b>MOBILITY LEVEL 1</b> DEPENDENT</p> 
<p style="text-align: center;"><b>ASSESSMENT LEVEL 2</b> <i>STRETCH AND POINT</i></p> <p>Ask patient to extend leg forward until it is straight at the knee.</p> <p>Ask the patient to point and flex foot/toes. Repeat with other leg if appropriate.</p>		<p style="text-align: center;"><b>MOBILITY LEVEL 2</b> MODERATE ASSIST</p> 
<p style="text-align: center;"><b>ASSESSMENT LEVEL 3</b> <i>STAND</i></p> <p>Ask your patient to elevate off the bed or chair using an assistive device if needed.</p> <p>Patient should be able to raise buttocks off bed and hold for a count of five.</p>		<p style="text-align: center;"><b>MOBILITY LEVEL 3</b> MINIMAL ASSIST</p> 
<p style="text-align: center;"><b>ASSESSMENT LEVEL 4</b> <i>WALK</i></p> <p>Ask your patient to march in place at bedside.</p> <p>Then ask patient to advance step and return each foot.</p>		<p style="text-align: center;"><b>MOBILITY LEVEL 4</b> MODIFIED INDEPENDENCE</p> 