

Pregnancy Mobility Index

Daily Mobility in the House

Standing up from a hard chair

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Standing up from a soft chair

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Standing up from the bed

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Getting things from the floor

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Putting on shoes

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Turning around in bed

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Standing up from the floor

- 0: No problems performing this task.
 - 1: Some effort performing this task.
 - 2: Much effort performing this task.
 - 3: Performing this task is impossible or only possible with the aid of others.
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Household Activities

Vacuum Cleaning

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Doing laundry

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Hanging wash to dry

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Working on the knees

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Sitting in squatted position

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Working standing up

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Lifting 5 kilograms

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Lifting 10 kilograms

- 0: No problems performing this task.
- 1: Some effort performing this task.

2: Much effort performing this task.

3: Performing this task is impossible or only possible with the aid of others.

Walking stairs

0: No problems performing this task.

1: Some effort performing this task.

2: Much effort performing this task.

3: Performing this task is impossible or only possible with the aid of others.

Mobility Outdoors

Traveling by train

0: No problems performing this task.

1: Some effort performing this task.

2: Much effort performing this task.

3: Performing this task is impossible or only possible with the aid of others.

Traveling by car

0: No problems performing this task.

1: Some effort performing this task.

2: Much effort performing this task.

3: Performing this task is impossible or only possible with the aid of others.

Traveling by bicycle

0: No problems performing this task.

1: Some effort performing this task.

2: Much effort performing this task.

3: Performing this task is impossible or only possible with the aid of others.

Traveling by bus

0: No problems performing this task.

1: Some effort performing this task.

2: Much effort performing this task.

3: Performing this task is impossible or only possible with the aid of others.

Walking 50 meters

0: No problems performing this task.

1: Some effort performing this task.

2: Much effort performing this task.

3: Performing this task is impossible or only possible with the aid of others.

Walking 200 meters

0: No problems performing this task.

1: Some effort performing this task.

2: Much effort performing this task.

3: Performing this task is impossible or only possible with the aid of others.

Walking 500 meters

- 0: No problems performing this task.
- 1: Some effort performing this task.
- 2: Much effort performing this task.
- 3: Performing this task is impossible or only possible with the aid of others.

Walking on uneven area

- 0: No problems performing this task.
 - 1: Some effort performing this task.
 - 2: Much effort performing this task.
 - 3: Performing this task is impossible or only possible with the aid of others.
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Reference:

The influence of psychosocial factors on pregnancy related pelvic symptoms - Geerte van de Pol

Score:

- Daily Mobility: Section average (0-3)
- Household Activities: Section average (0-3)
- Mobility Outdoors: Section average (0-3)

Higher scores indicate increased effort (0-3)

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