



Specialty Physical Therapy

Pregnancy Mobility Questionnaire

Instructions: please circle or select button nearest your answer.

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.

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 a 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.

Sitting in a 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.

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.

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 (0-3)