



Purpose of BMAT and Assessment Levels

The Bedside Mobility Assessment Tool (BMAT) is an assessment used to test an inpatient's ability to move safely. It promotes consistency with evaluating mobility and assists with selecting the safest and least restrictive lift or patient handling device to use.

Each BMAT level safely tests a patient's mobility. The patient must complete all parts of each level of the assessment to pass to the next level. Assessment levels are below.

Assessment Level 1: Sit and Shake-verifies patient has adequate sitting balance and strength

Sit	Determines whether patient is able to follow commands and has adequate balance and core strength for sitting.
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Shake	Determines patient's upper extremity strength and spatial orientation.
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Assessment Level 2: Stretch and Point-verifies patient has adequate lower extremity stability and strength

Stretch	Tests for minimal quad muscle strength to stand. If patient does not have adequate quad strength, it is not safe to ask patient to stand.
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Point	Tests for foot drop. If unable to complete, consider asking physician for PT consult.
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Assessment Level 3: Stand-verifies patient has adequate upper and lower extremity stability and strength

Stand	Tests patient's ability to move into standing position and maintain balance for 5 seconds unassisted.
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Assessment Level 4: Walk-verifies patient has sufficient strength and balance

Walk	Marching in place with each leg tests for balance and leg strength and stability in standing. If the patient is unable to complete safely, ask patient to sit.
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Advance and return step	Stepping forward and back with each leg tests patient's endurance and ability to shift weight for transfers and walking. Many patients fall because endurance and ability to return to bed or chair is not tested.
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