The Bedside Mobility Assessment Tool (BMAT) is an assessment used across the acute care continuum to test a patient’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.

Each step of the BMAT tests a patient’s mobility in the safest manner. With each step, the patient must complete all parts of the assessment to pass to the next level. The following is a brief explanation of each assessment level:

**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.
- **Shake**: Determines patient’s upper extremity strength and spatial orientation.

**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.
- **Point**: Tests for foot drop. If unable to complete, consider asking physician for PT consult.

**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.

**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.
- **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.