



# Physical Therapy & Vestibular Rehabilitation

## *Freezing of Gait Questionnaire (FOGQ)*

### **1. During your worst state—Do you walk:**

- 0 Normally
- 1 Almost normally—somewhat slow
- 2 Slow but fully independent
- 3 Need assistance or walking aid
- 4 Unable to walk

### **2. Are your gait difficulties affecting your daily activities and independence?**

- 0 Not at all
- 1 Mildly
- 2 Moderately
- 3 Severely
- 4 Unable to walk

### **3. Do you feel that your feet get glued to the floor while walking, making a turn or when trying to initiate walking (freezing)?**

- 0 Never
- 1 Very rarely—about once a month
- 2 Rarely—about once a week
- 3 Often—about once a day
- 4 Always—whenever walking

### **4. How long is your longest freezing episode?**

- 0 Never happened
- 1 1–2 s
- 2 3–10 s
- 3 11–30 s
- 4 Unable to walk for more than 30 s

### **5. How long is your typical start hesitation episode (freezing when initiating the first step)?**

- 0 None
- 1 Takes longer than 1 s to start walking
- 2 Takes longer than 3 s to start walking
- 3 Takes longer than 10 s to start walking
- 4 Takes longer than 30 s to start walking

### **6. How long is your typical turning hesitation: (freezing when turning)**

- 0 None
- 1 Resume turning in 1–2 s
- 2 Resume turning in 3–10 s
- 3 Resume turning in 11–30 s
- 4 Unable to resume turning for more than 30 s

\* Scoring from 0 to 24

\* Higher score denotes more severe freezing of gait

\* MDC not established (increased sensitivity on question 3)