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Investigation into the impact of cognitive load in children with and without identified postural control difficulties.

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The Chailey Levels of Ability
Assessment Charts

Assessment details

NAME

D.O.B.

DIAGNOSIS

DATE OF ASSESSMENT

ASSESSMENT CENTRE

NAME OF ASSESSOR

Notes

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How to use the assessment charts

The analysis of the child's movement is more important than ascribing a level.

To reach a level of ability all components of that level must be achieved.

There may be a difference between the level of ability a child can achieve when trying his best and his consistent level. The consistent level should be identified and recorded, ability at 'best' should be noted separately. A child who rests in an asymmetrical position is at risk of developing deformity so his resting position also needs to be checked.

A child needs to achieve each component of a level before they can be said to have reached it. The charts will help provide a detailed analysis of areas which may be limiting a child's progress, and where he is doing well.

The following items should be noted on the assessment chart: if the child was assessed in or out of any equipment, and what that equipment was; the type of surface used for the assessment e.g. mat or floor, ramped cushion, and if orthoses were worn.

These charts can be used to record a child's ability in a number of situations. It is important to use each sheet only once. You can photocopy or print them out as you need them.

During the Assessment

- Encourage a child through movement and play to achieve his highest level of ability without assistance
- Observe a child, considering each of the sections on the side of the chart separately
- In each section, mark the items you observe a child achieving consistently by placing a tick in the box under the 'Achieved' heading
- Record any notes or specific observations in the assessment notes section

Scoring the Components Groups

- Score the level for each Component Group separately.
- Match the components achieved with the numbers and record the highest corresponding level of ability. All components indicated by solid black numbers must be present to achieve a level of ability
- Some components, indicated by bracketed numbers, may be observed but are not essential when scoring a level of ability
- Occasionally, the components achieved may not correspond with those required for any level of ability. In this case, place a dash in the box
- Careful analysis of any Component Groups with a dash will be needed to determine the reason

Ascribing an overall Level of Ability

- Record the lowest Level of Ability observed for any Component Group
- This is a child's Overall Level of Ability

Points for clarification

Below are some common mistakes and confusions which are made when assessing a child's Chailey Level of Ability. These points may help you with your assessments:

- At higher levels of ability a range of movement, particularly at the pelvis, needs to be present for a child to achieve that level. For example, a child with an anteriorly tilted pelvis who cannot achieve a neutral or posterior tilt would not be able to achieve a Level 4 prone or supine.
- The details of symmetry, position and movement of the limbs are essential in determining the Chailey Level of Ability and identifying the risk of deformity. Functional skills are not sufficient evidence of a level of ability, e.g. independent sitting with posteriorly tilted pelvis does not represent a Level 3 sitting position.

The example shown opposite looks at an illustration of supine lying. It is not possible to make an accurate assessment of a child's ability from a still picture. For the purposes of the example, not all of the sections have been shown. All sections should be completed when assessing the level of ability. The example shows part of an assessment chart that would result in the child achieving a Chailey Level of Ability 2 in supine.

Worked example

1 Observe each Component Group

2 Tick the box to record that you have observed the component and the child has achieved it

3 Record the level achieved of each Component Group

4 Record the LOWEST level achieved from all the Component Groups in the Overall Level of Ability box.

5 Record other details of the assessment including use of equipment, supporting surface and use of orthoses

Below is an extract from a Supine Lying assessment chart.

COMPONENT GROUP	COMPONENT		CHAILEY LEVEL OF ABILITY 1	2	3	4	5	6	GROUP SCORE
Shoulder Girdle Position	Retracted	☐	1	2	(3)	(4)	(5)	(6)	3
	Neutral	☑			3	4	5	6	
	Protracted	☐				4	5	6	
Pelvic Girdle Position	Posteriorly tilted	☑	1	2	(3)	4	5	6	2
	Neutral	☐			3	4	5	6	
	Anteriorly tilted	☐				4	5	6	
Leg Position	Asymmetrical position and movement	☐	1	2					–
	Hips abducted and externally rotated	☐			3	4	5	6	
	Hips extended, knees straight	☑				4	5	6	
	Hips and knees both flexed at 90°	☐				4	5	6	
	Feet touching midline	☑				4	(5)	(6)	
	Hips flexed, knees straight	☐					(5)	(6)	
☐ IN EQUIPMENT ☑ OUT OF EQUIPMENT TYPE OF SURFACE: Mat							OVERALL LEVEL OF ABILITY:		2

She is achieving Level 3 in her shoulder girdle position as it is in neutral. Her pelvis and leg position, however, are still at Level 2. She has two of the components required for Level 4 as her feet are touching in midline and her hips are extended with the knees straight. She does not have her hips abducted and externally rotated or hips and knees both flexed at 90°.

The dash on 'Leg Position' indicates she does not yet have the variety of movement required to achieve Level 3 or 4 (or it was not observed during the assessment).



Chailey Levels of Supine Lying Ability

LEVEL 1

- Unable to maintain supine when placed except momentarily and very asymmetrically
- Settles into sidelying – body follows head turning in a total body movement
- Loadbearing through lateral aspect of head, trunk, upper arm and thigh
- Neck extended with chin poked
- Shoulder girdle retracted and pelvis posteriorly tilted
- Arm movement random



LEVEL 2

- Asymmetrical posture
- Settles on back when placed
- Loadbearing through head, shoulder girdle, trunk and posteriorly tilted pelvis
- Chin poked
- Shoulder girdle retracted, shoulders externally rotated and abdducted
- Arms to side
- Head to one side, pelvis and legs to opposite side
- Head movement followed by pelvic movement in the opposite direction
- Arm movement random



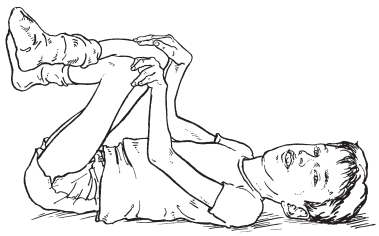
LEVEL 3

- Maintains symmetrical posture
- Loadbearing through head, shoulder girdle, pelvis and feet
- Neutral pelvic tilt and shoulder girdle neutral giving general trunk curvature
- Hips abducted and externally rotated
- Chin tucked but not retracted and head able to turn freely from side to side
- Controlled eye movements possible
- Beginning of unilateral grasp to side of body, takes fist and objects to mouth



LEVEL 4

- Symmetrical posture
- Loadbearing through anteriorly tilted pelvis, protracted shoulder girdle and upper trunk
- Ability to change loadbearing to head and trunk only
- Able to retract chin and turn head freely
- Definite lordotic curve
- Shoulders able to flex and adduct allowing midline hand play above chest
- Free pelvic movement beginning allowing child to touch knees with flexed hips or extend hips and knees
- Feet to midline
- Beginning of lateral load shift
- Unilateral leg raise



LEVEL 5

- Loadbearing on shoulder girdle and pelvis or only on centre of trunk
- Free movement of shoulder girdle and pelvis on trunk
- Able to retract chin
- Pelvis has full range of movement, infants able to play with toes with hips flexed and knees extended and roll into sidelying
- Can return to supine
- Hand and foot play crossing midline



LEVEL 6

- As for level 5
- Pelvis and shoulder girdle moving freely
- Consistent ability to roll into prone by achieving sidelying as in level 5 and then anteriorly tilting pelvis on trunk and extending hips



Supine Lying assessment notes	
COMPONENT GROUP	NOTES AND OBSERVATIONS
Symmetry	
Loadbearing	
Shoulder Girdle Position	
Pelvic Girdle Position	
Lateral Spinal Profile	
Head Movement	
Chin Position	
Arm and Hand Position	
Leg Position	
Activities	

Name	Date

Supine Lying Assessment Chart

Record only the components you observe the child achieving consistently by placing a tick in the box. To assess the child's level of ability, place him in supine on a firm but compliant surface.

COMPONENT GROUP	COMPONENT	CHAILEY LEVEL OF ABILITY 1	2	3	4	5	6	GROUP SCORE
Symmetry	☐ Unable to maintain symmetrical position	1	2					
	☐ Able to maintain symmetrical position			3	4	5	6	
	☐ Able to move in and out of symmetry actively				4	5	6	
Loadbearing	☐ In sidelying (obligatory)	1						
	☐ Head		2	3	4	5	6	
	☐ Shoulder girdle		2	3	4	5	6	
	☐ Trunk		2	(3)	4	5	6	
	☐ Pelvis		2	3	4	5	6	
	☐ Feet		(2)	(3)	4	(5)	(6)	
Shoulder Girdle Position	☐ Retracted	1	2	(3)	(4)	(5)	(6)	
	☐ Neutral			3	4	5	6	
	☐ Protracted				4	5	6	
Pelvic Girdle Position	☐ Posteriorly tilted	1	2	(3)	4	5	6	
	☐ Neutral			3	4	5	6	
	☐ Anteriorly tilted				4	5	6	
Lateral Spinal Profile	☐ Flat back	1	2	(3)	(4)	(5)	(6)	
	☐ Long curve			3	(4)	(5)	(6)	
	☐ Lordotic				4	5	6	
Head Movement	☐ Trunk follows head movement	1	(2)	(3)	(4)	(5)	(6)	
	☐ Head movement followed by pelvic movement in opposite direction		2	(3)	(4)	(5)	(6)	
	☐ Turns head freely			3	4	5	6	
Chin Position	☐ Poked	1	2	(3)	(4)	(5)	(6)	
	☐ Tucked			3	4	5	6	
	☐ Retracted				4	5	6	
Arm and Hand Position	☐ Random	1						
	☐ Out to side, away from body		2	(3)	(4)	(5)	(6)	
	☐ Unilateral grasp to side			3	(4)	(5)	(6)	
	☐ Takes hand to mouth			3	(4)	(5)	(6)	
	☐ To midline				4	5	6	
	☐ Playing with both hands above chest				4	5	6	
	☐ Cross midline					5	6	
Leg Position	☐ Asymmetrical position and movement	1	2					
	☐ Hips abducted and externally rotated			3	4	5	6	
	☐ Hips extended, knees straight				4	5	6	
	☐ Hips and knees both flexed at 90°				4	5	6	
	☐ Feet touching midline				4	(5)	(6)	
	☐ Hips flexed, knees straight					(5)	(6)	
Activities	☐ Turns head to look		2	(3)	(4)	(5)	(6)	
	☐ Unilateral hand play			3	(4)	(5)	(6)	
	☐ Able to touch knees with hands				4	(5)	(6)	
	☐ Able to touch feet with hands					5	6	
	☐ Able to roll into sidelying					5	6	
	☐ Able to roll into prone						6	
				OVERALL LEVEL OF ABILITY:				

☐ IN EQUIPMENT
☐ OUT OF EQUIPMENT TYPE OF SURFACE:_____

Chailey Levels of Prone Lying Ability

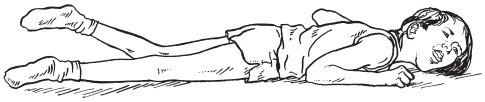
LEVEL 1

- Asymmetrical top-heavy posture
- Loadbearing through face, chest, shoulders, forearms and knees and feet
- Pelvis posteriorly tilted
- Hips and knees flexed
- Head to one side
- Chin poked
- Shoulder girdle retracted, shoulders flexed and adducted
- Flat back profile
- Mouthing hand is possible in this position



LEVEL 2

- Asymmetrical posture
- Settles when placed
- More generalised loadbearing through face, chest, upper abdomen, forearms knees and feet
- Pelvis posteriorly tilted
- Shoulder girdle retracted
- Shoulders flexed and adducted with elbows resting behind shoulders
- Hand and arms to side, hips and knees slightly flexed
- Head to one side
- Chin poked
- Beginning to lift head from floor with flat back profile and associated lateral pelvic movement



LEVEL 3

- Symmetrical posture
- Load bearing through lower chest, abdomen, thigh, knees and forearms
- Pelvis and shoulder girdle in neutral
- Props on forearms
- Long curve back profile
- Head in line with spine
- Chin tucked
- Uncontrolled lateral load shift so may topple into supine



LEVEL 4

- Loadbearing through abdomen, thighs and feet, with either hand or forearm propping
- Pelvis anteriorly tilted but not anchoring
- Shoulder girdle protracted
- Angular back profile of upper chest and lower back.
- Able to retract chin
- Free head movement
- Head and upper trunk movement can be dissociated from lower trunk allowing pivoting
- Hand and foot play in midline



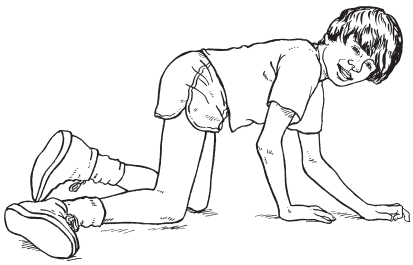
LEVEL 5

- Loadbearing through iliac crests, thighs and lower abdomen with hand propping on extended elbows
- Pelvis anteriorly, neutral or posteriorly tilted
- Shoulder girdle protracted
- Angular profile between pelvis and lower back and upper trunk and head
- Able to retract chin
- Free head movement
- Pelvic anchoring enabling efficient pivoting and backward movement
- Able to roll into supine



LEVEL 6

- Free movement of pelvis and shoulder girdle
- Beginning to load bear on hands and knees
- Rocking backwards and forwards in this position



Prone Lying assessment notes	
COMPONENT GROUP	NOTES AND OBSERVATIONS
Symmetry	
Loadbearing	
Shoulder Girdle Position	
Pelvic Girdle Position	
Lateral Spinal Profile	
Head Movement	
Chin Position	
Arm and Hand Position	
Leg Position	
Activities	

Name	Date

Prone Lying Assessment Chart

Record only the components you observe the child achieving consistently by placing a tick in the box.
To assess the child's level of ability, place him in supine on a firm but compliant surface.

COMPONENT GROUP	COMPONENT	CHAILEY LEVEL OF ABILITY 1	2	3	4	5	6	GROUP SCORE
Symmetry	☐ Unable to maintain symmetrical position	1	2					
	☐ Able to maintain symmetrical position			3	4	5	6	
	☐ Able to move in and out of symmetry actively				4	5	6	
Loadbearing	☐ Face	1	2	(3)	(4)	(5)	(6)	
	☐ Shoulders	1	2	(3)	(4)	(5)	(6)	
	☐ Chest	1	2	3	(4)	(5)	(6)	
	☐ Abdomen		2	3	4	5	(6)	
	☐ Forearm and hand	1	2	3	4	(5)	(6)	
	☐ Hands, elbows extended					5	6	
	☐ Pelvis					5	(6)	
	☐ Thighs		2	3	4	5	(6)	
	☐ Knees	1	2	3	4	5	6	
Shoulder Girdle Position	☐ Retracted	1	2	(3)	(4)	(5)	(6)	
	☐ Neutral			3	(4)	(5)	(6)	
	☐ Protracted				4	5	6	
Pelvic Girdle Position	☐ Posteriorly tilted	1	2	(3)	(4)	(5)	6	
	☐ Neutral			3	(4)	(5)	6	
	☐ Anteriorly tilted				4	5	6	
	☐ Anteriorly tilted and anchoring					5	(6)	
Lateral Spinal Profile	☐ Flat back	1	2	(3)	(4)	(5)	(6)	
	☐ Long curve			3	(4)	(5)	(6)	
	☐ Lordotic				4	5	6	
Head Movement	☐ Unable to move	1						
	☐ Difficulty turning head side to side		2					
	☐ Able to turn side to side			3	(4)	(5)	(6)	
	☐ Moves head freely				4	5	6	
Chin Position	☐ Poked	1	2	(3)	(4)	(5)	(6)	
	☐ Tucked			3	4	5	6	
	☐ Retracted				4	5	6	
Arm and Hand Position	☐ Tucked under chest	1						
	☐ To side		2	(3)	(4)	(5)	(6)	
	☐ Elbows behind shoulders		2	(3)	(4)	(5)	(6)	
	☐ Propping on forearms			3	(4)	(5)	(6)	
	☐ Propping on hands, elbows flexed				4	(5)	(6)	
	☐ Propping on hands, elbows extended					5	6	
	☐ Able to release for one hand play					5	6	
Leg Position	☐ Asymmetrical position and movement	1	2					
	☐ Symmetrical midline leg position			3	4	5	6	
	☐ Four point kneeling						6	
Activities	☐ Lifts head with flat back		2					
	☐ Lifts head with curved back			3	4	(5)	(6)	
	☐ Able to pivot to left and right					5	(6)	
	☐ Able to move backwards					5	6	
	☐ Able to roll into supine					5	6	
	☐ Able to attain all fours						6	
		OVERALL LEVEL OF ABILITY:						

☐ IN EQUIPMENT
☐ OUT OF EQUIPMENT

TYPE OF SURFACE:_____

Chailey Levels of Floor Sitting Ability

LEVEL 1

- Originally described during work with children who had cerebral palsy
- Not observed in our study of normal infants
- Cannot be placed in a sitting position
- Trunk weight cannot be brought forwards over his sitting base
- This may be for a variety of reasons, including a strong tendency to extend, extreme floppiness or fixed deformities

LEVEL 2

- Can be placed in a sitting position
- Needs holding to stay in position
- Trunk weight can be brought forward over his sitting base.
- Pelvis is posteriorly tilted
- Hips are abducted and externally rotated
- Loadbearing through the buttocks and lateral aspect of the feet
- Shoulder girdle is retracted or in neutral
- The back profile is rounded



LEVEL 3

- Can be placed in a symmetrical sitting position
- Can maintain this as long as he does not move
- Pelvis is in neutral tilt
- Hips abducted and externally rotated
- Loadbearing through the buttocks and lateral aspect of the legs and feet
- Chin is tucked
- Shoulder girdle is protracted
- Hands propping or otherwise aiding balance
- Weight is forward over the sitting base



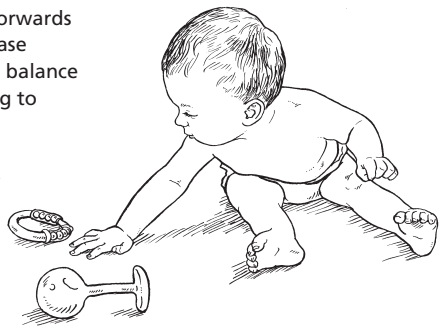
LEVEL 4

- Can be placed in a symmetrical sitting position
- Able to move his trunk forward within his base
- Able to return to upright
- Able to move laterally within base
- Able to rotate trunk within base
- Pelvis is anteriorly tilted
- Hips mainly abducted and externally rotated but can move to a more neutral position
- Can retract chin
- Shoulder girdle is protracted
- Arms can move to shoulder height
- The back profile is upright
- Hands can be brought to midline



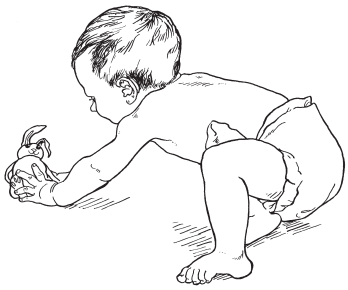
LEVEL 5

- As Level 4
- Able to tilt the pelvis anteriorly and posteriorly enabling balance with the trunk behind the base
- This allows unilateral leg movement
- Can reach forwards out of his base
- Can recover balance after leaning to either side
- Hips are predominantly neutral
- Loadbearing through the buttocks and back of thighs
- Arms can move above shoulder height



LEVEL 6

- As Level 5
- Can move from the sitting position forward into prone
- This is by 'off loading' a buttock and leaning forward and sideways in a controlled way



LEVEL 7

- As Level 6
- Child can regain sitting position from prone



Floor Sitting assessment notes	
COMPONENT GROUP	NOTES AND OBSERVATIONS
Ability to be positioned	
Loadbearing	
Shoulder Girdle Position	
Pelvic Girdle Position	
Spinal Profile	
Chin Position	
Trunk Position and Movement	
Hip Position	
Activities	

Name	Date

Floor Sitting Assessment Chart

Record only the components you observe the child achieving consistently by placing a tick in the box.
To assess the child's level of ability, place him on the floor in either long or cross-legged sitting.

COMPONENT GROUP	COMPONENT		CHAILEY LEVEL OF ABILITY 1	2	3	4	5	6	7	GROUP SCORE
Ability to be positioned	Cannot be placed	☐	1							
	Placeable but not able to maintain position	☐		2						
	Able to maintain position but not move	☐			3					
	Able to maintain position and move within base	☐				4				
	Able to maintain position and move outside base	☐					5			
	Able to move out of position	☐						6		
	Able to attain position	☐							7	
Loadbearing	Buttocks	☐		2	3	4	5	6	7	
	Feet	☐		2	3	4	5	6	7	
	Lateral aspect of legs	☐		2	3	4	5	6	7	
Shoulder Girdle Position	Retracted	☐	1	2	(3)	(4)	(5)	(6)	(7)	
	Neutral	☐			3	(4)	(5)	(6)	(7)	
	Protracted	☐			3	4	5	6	7	
Pelvic Girdle Position	Posteriorly tilted (uncontrolled)	☐	1	2	(3)					
	Neutral	☐			3	(4)	5	6	7	
	Anteriorly tilted	☐				4	5	6	7	
	Posteriorly tilted (controlled)	☐				(4)	5	6	7	
Spinal Profile	Rounded	☐		2	3	(4)	(5)	(6)	(7)	
	Upright	☐				4	5	6	7	
Chin Position	Poked	☐	1	2	(3)	(4)	(5)	(6)	(7)	
	Tucked	☐			3	4	5	6	7	
	Retracted	☐				4	5	6	7	
Trunk Position and Movement	Behind base	☐	1							
	Forward over base	☐		2	3	4	(5)	(6)	(7)	
	Rotate trunk within base	☐				4	(5)	(6)	(7)	
	Forwards and laterally within base	☐				4	(5)	(6)	(7)	
	Forwards and laterally outside base	☐					5	6	7	
	Recovers balance from behind base	☐					5	6	7	
Hip Position	Abduction and external rotation	☐		2	3	4	5	6	7	
Activities	Variable, uncontrolled, none	☐	1	2						
	Propping to balance	☐			3	(4)	(5)	(6)	(7)	
	Able to raise to shoulder height	☐				4	(5)	(6)	(7)	
	Able to bring hands into midline	☐				4	5	6	7	
	Able to raise above shoulder height	☐					5	6	7	
			OVERALL LEVEL OF ABILITY:							

☐ IN EQUIPMENT
☐ OUT OF EQUIPMENT TYPE OF SURFACE:_____

Chailey Levels of Box Sitting Ability

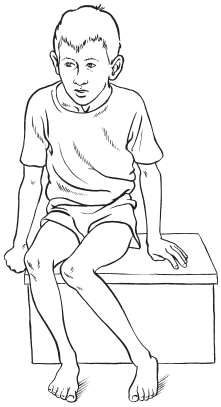
LEVEL 1

- Originally described during work with children who had cerebral palsy
- Not observed in the study of normal infants
- Child cannot be placed in the sitting position
- Trunk weight cannot be brought forwards over sitting base
- This may be for a variety of reasons including a strong tendency to extend, extreme floppiness or fixed deformities



LEVEL 2

- Can be placed in a sitting position
- Needs holding to stay in position
- Trunk weight can be brought forward over his sitting base
- Pelvis is posteriorly tilted
- Shoulder girdle is retracted or in neutral
- The back profile is rounded



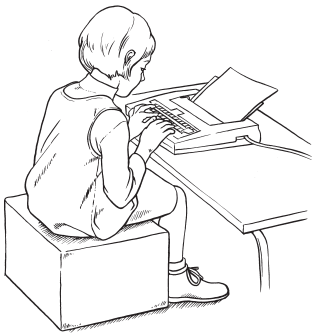
LEVEL 3

- Can be placed in a symmetrical sitting position
- Can maintain it as long as he does not move
- Pelvis is in neutral tilt
- Chin is tucked
- Shoulder girdle is protracted
- Hands propping or otherwise aiding balance
- Weight is forward over the sitting base



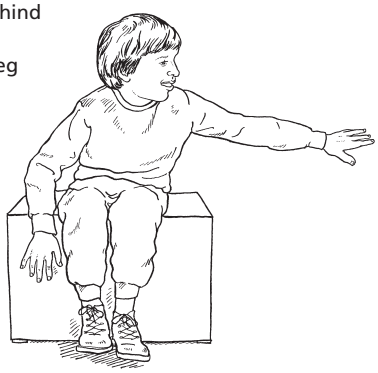
LEVEL 4

- Can be placed in a symmetrical sitting position
- Able to move trunk forward within base
- Able to return to upright
- Able to move laterally within base both ways
- Able to rotate trunk within base
- Pelvis is anteriorly tilted
- Can retract chin
- Shoulder girdle is protracted
- Arms can move to shoulder height
- The back profile is upright.
- Hands can be brought to midline



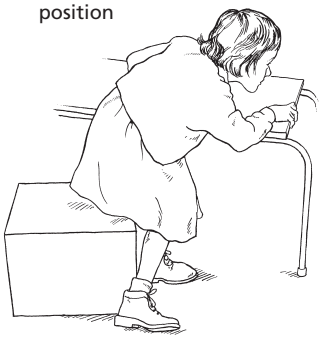
LEVEL 5

- As Level 4
- Able to tilt the pelvis anteriorly and posteriorly enabling the trunk weight to fall behind the base
- This allows unilateral leg movement
- Arms can move above shoulder height
- Can use hands freely
- Can recover balance after leaning to either side



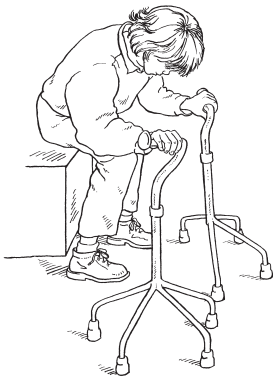
LEVEL 6

- As for Level 5
- Can sit independently
- Can transfer weight outside of sitting base to leave the position



LEVEL 7

- As for Level 6
- Can move into the sitting position



Box Sitting assessment notes	
COMPONENT GROUP	NOTES AND OBSERVATIONS
Ability to be Positioned	
Loadbearing	
Shoulder Girdle Position	
Pelvic Girdle Position	
Spinal Profile	
Head Movement	
Chin Position	
Trunk Position and Movement	
Hip Position	
Activities	

Name	Date

Box Sitting Assessment Chart

Record only the components you observe the child achieving consistently by placing a tick in the box. To assess the child's level of ability, place him in sitting on a flat box, ideally with the femora supported, hips in a neutral position, knees flexed at 90°, and feet flat on the floor spaced apart at the width of the pelvis.

COMPONENT GROUP	COMPONENT	CHAILEY LEVEL OF ABILITY 1	2	3	4	5	6	7	GROUP SCORE
Ability to be positioned	☐ Cannot be placed	1							
	☐ Placeable but not able to maintain position		2						
	☐ Able to maintain position but not move			3					
	☐ Able to maintain position and move within base				4				
	☐ Able to maintain position and move outside base					5			
	☐ Able to move out of position						6		
	☐ Able to attain position							7	
Loadbearing	☐ Buttocks		2	3	4	5	6	7	
	☐ Feet		2	3	4	5	6	7	
	☐ Posterior aspect of legs			3	4	5	6	7	
Shoulder Girdle Position	☐ Retracted	1	2	(3)	(4)	(5)	(6)	(7)	
	☐ Neutral		2	3	(4)	(5)	(6)	(7)	
	☐ Protracted				4	5	6	7	
Pelvic Girdle Position	☐ Posteriorly tilted (uncontrolled)	1	2	(3)					
	☐ Neutral			3	(4)	5	6	7	
	☐ Anteriorly tilted				4	5	6	7	
	☐ Posteriorly tilted (controlled)				(4)	5	6	7	
Spinal Profile	☐ Rounded		2	3	(4)	(5)	(6)	(7)	
	☐ Upright				4	5	6	7	
Chin Position	☐ Poked	1	2	(3)	(4)	(5)	(6)	(7)	
	☐ Tucked			3	4	5	6	7	
	☐ Retracted				4	5	6	7	
Trunk Position and Movement	☐ Behind base	1							
	☐ Forward over base		2	3	4	(5)	(6)	(7)	
	☐ Rotate trunk within base				4	(5)	(6)	(7)	
	☐ Forwards and laterally within base				4	(5)	(6)	(7)	
	☐ Forwards and laterally outside base					5	6	7	
	☐ Recovers balance from behind base					5	6	7	
Hip Position	☐ Neutral ab/adduction				4	5	6	7	
	☐ Neutral int/external rotation				4	5	6	7	
Activities	☐ Variable, uncontrolled, none	1	2						
	☐ Propping to balance			3	(4)	(5)	(6)	(7)	
	☐ Able to raise to shoulder height				4	(5)	(6)	(7)	
	☐ Able to bring hands into midline				4	5	6	7	
	☐ Able to raise above shoulder height					5	6	7	
		OVERALL LEVEL OF ABILITY:							

☐ IN EQUIPMENT
☐ OUT OF EQUIPMENT TYPE OF SURFACE:_____

Chailey Levels of Standing Ability

LEVEL 1

- Unable to achieve or maintain position independently
- Needs to be fully supported under axillae
- Minimal loadbearing through side or forefoot
- Stepping reflex may be elicited
- Unable to maintain head upright
- Shoulder retracted
- Pelvis posteriorly tilted



LEVEL 2

- Unable to achieve or maintain position independently
- Needs to be held under axillae or held onto support
- Using support, loadbearing through trunk, forearms, hands and toes or plantargrade feet
- Standing base smaller than or as wide as pelvis
- Able to maintain head upright
- Pelvis posteriorly tilted
- Shoulder girdle protracted
- May bend and straighten knees



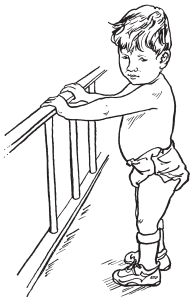
LEVEL 3

- When placed at support is able to maintain standing
- Not able to move
- Loadbearing through trunk, forearms or hands and plantargrade feet
- Standing base width of pelvis
- Pelvis in neutral tilt
- Shoulder girdle protacted
- Uncontrolled load shift and leg movement
- Flat back profile



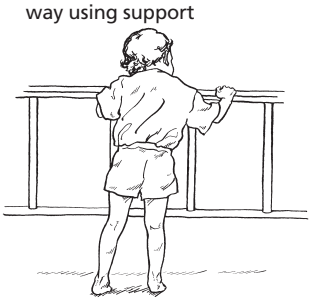
LEVEL 4

- When placed at support able to maintain position
- Able to move within base
- Loadbearing through hands and plantargrade feet
- Trunk upright and able to move away from support
- Standing base as wide or wider than pelvis
- Pelvis anteriorly tilted
- Shoulder girdle protracted
- Can free one hand for play
- Single leg movements may occur



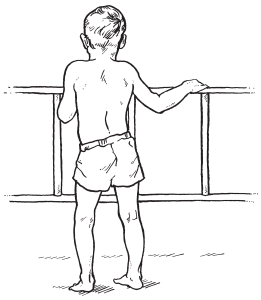
LEVEL 5

- Able to achieve standing using support usually through half kneeling
- Able to move outside of base
- Loadbearing through hands and plantargrade feet
- Trunk upright
- Able to lean backwards and rotate whole trunk
- Free pelvic movement and lumbar lordosis
- Can reach above shoulder height
- Stepping within position
- Leaves position in controlled way using support



LEVEL 6

- Moving freely into and out of position using support
- Cruising initially using three points of support with broad standing base
- Progressing to two points with narrow base
- Free pelvic movement and lumbar lordosis
- Loadbearing through plantargrade feet, occasionally tiptoes
- Decreasing amount of hand support, which is mainly used for balance



LEVEL 7

- Able to stand independently by releasing hands from support for a few seconds
- Able to leave position without support
- Standing base as wide or slightly wider than pelvis
- Arms in medium to high guard position
- Toe grasping



LEVEL 8

- Assumes standing independently from quadruped or squatting position using hands



Standing Ability assessment notes	
COMPONENT GROUP	NOTES AND OBSERVATIONS
Ability to be positioned	
Loadbearing	
Loadshifts	
Shoulder Girdle Position	
Pelvic Girdle Position	
Head position	
Arm and hand position	
Width of standing base	

Name	Date

Standing Assessment Chart

Record only the components you observe the child achieving consistently by placing a tick in the box. To assess the child's level of standing ability, place the child in a standing position against a support at elbow height unless they require full support under axillae or can achieve standing independently.

COMPONENT GROUP	COMPONENT	CHAILEY LEVEL OF ABILITY 1	2	3	4	5	6	7	8	GROUP SCORE
Ability to be Positioned	☐ Fully held under axillae, unable to maintain head upright	1								
	☐ Fully held under axillae, able to maintain head upright		2							
	☐ Needs to be held onto support		2							
	☐ Holds on to support if placed			3						
	☐ Holds support with one hand				4	5				
	☐ Able to achieve standing position using a support						6			
	☐ Stands alone							7		
	☐ Assumes standing independently								8	
Loadbearing	☐ Minimal or through side or forefoot	1								
	☐ Trunk on to support		2	3						
	☐ Forearms on to support		2	3						
	☐ Hands on to support		(2)	3	4	5	6			
	☐ Tip toes		(2)	(3)	(4)	(5)	(6)			
	☐ Plantargrade feet		2	3	4	5	6	7	8	
Loadshifts	☐ No load shift	1	2							
	☐ Uncontrolled			3						
	☐ Able to move within base				4	(5)	(6)	(7)	(8)	
	☐ Steps within base					5	(6)	(7)	(8)	
	☐ Able to move outside base					5	(6)	(7)	(8)	
	☐ Able to leave position in controlled way					5	6	7	8	
	☐ Able to attain position					5	6	7	8	
	☐ Able to cruise						6	7	8	
Shoulder Girdle Position	☐ Retracted	1								
	☐ Neutral		(2)	(3)	(4)	(5)	(6)	(7)	(8)	
	☐ Protracted		2	3	4	5	6	7	8	
Pelvic Girdle Position	☐ Posteriorly tilted	1	2	(3)	(4)	(5)	(6)	(7)	(8)	
	☐ Neutral			3	(4)	(5)	(6)	(7)	(8)	
	☐ Anteriorly tilted				4	(5)	(6)	(7)	(8)	
	☐ Free pelvic movement					5	6	7	8	
Head Position	☐ Unable to maintain upright	1								
	☐ Able to maintain upright		2	3	4	5	6	7	8	
Arm and Hand Position	☐ Unable to release hands for play	1	2	3						
	☐ One hand free for play				4	5	6	7	8	
	☐ Reaches above shoulder height					5	6	(7)	8	
Width of Standing Base	☐ Narrower than pelvis	1	2	(3)	(4)	(5)	(6)	(7)	(8)	
	☐ Same as pelvis		2	3	4	5	6	7	8	
	☐ Wider than pelvis				4	5	6	7	8	
		OVERALL LEVEL OF ABILITY:								

☐ IN EQUIPMENT
☐ OUT OF EQUIPMENT TYPE OF SURFACE:_____