

Pediatric Balance Scale

PEDIATRIC BALANCE SCALE

Full Name of Patient: _____ Date of Examination: _____ dd / mm / yyyy

Full Name of Examiner: _____ Location of Examination: _____

1. Sitting to Standing

- ☐ 4 - Able to stand without using hands and stabilize independently
- ☐ 3 - Able to stand independently using hands
- ☐ 2 - Able to stand using hands after several tries
- ☐ 1 - Needs minimal assist to stand or to stabilize
- ☐ 0 - Needs moderate or maximal assist to stand

2. Standing To Sitting

- ☐ 4 - sits safely with minimal use of hands
- ☐ 3 - controls descent by using hands
- ☐ 2 - uses back of legs against chair to control descent
- ☐ 1 - sits independently, but has uncontrolled descent
- ☐ 0 - needs assistance to sit

3. Transfers

- ☐ 4 - able to transfer safely with minor use of hands
- ☐ 3 - able to transfer safely; definite need of hands
- ☐ 2 - able to transfer with verbal cueing and/or supervision (spotting)
- ☐ 1 - needs one person to assist
- ☐ 0 - needs two people to assist or supervise (close guard) to be safe

4. Standing Unsupported

- ☐ 4 - able to stand safely 30 SECONDS
- ☐ 3 - able to stand 30 SECONDS with supervision (spotting)
- ☐ 2 - able to stand 15 SECONDS unsupported
- ☐ 1 - needs several tries to stand 10 SECONDS unsupported
- ☐ 0 - unable to stand 10 SECONDS unassisted

Time in seconds: _____

5. Sitting With Back Unsupported And Feet Supported On The Floor

- ☐ 4 - able to sit safely and securely 30 SECONDS
- ☐ 3 - able to sit 30 SECONDS under supervision (spotting) or may require definite use of upper extremities to maintain sitting position
- ☐ 2 - able to sit 15 SECONDS
- ☐ 1 - able to sit 10 SECONDS
- ☐ 0 - unable to sit 10 SECONDS without support

Time in seconds: _____

6. Standing Unsupported With Eyes Closed

- ☐ 4 - able to stand 10 seconds safely
- ☐ 3 - able to stand 10 seconds with supervision (spotting)
- ☐ 2 - able to stand 3 seconds
- ☐ 1 - unable to keep eyes closed 3 seconds but stays steady
- ☐ 0 - needs help to keep from falling

Time in seconds: _____

7. Standing Unsupported With Feet Together

- ☐ 4 - able to place feet together independently and stand 30 seconds safely
- ☐ 3 - able to place feet together independently and stand for 30 seconds with supervision (spotting)
- ☐ 2 - able to place feet together independently but unable to hold for 30 seconds
- ☐ 1 - needs help to attain position but able to stand 30 seconds with feet
- ☐ 0 - needs help to attain position and/or unable to hold for 30 seconds together

Time in seconds: _____

8. Standing Unsupported One Foot In Front

- ☐ 4 - able to place feet tandem independently and hold 30 seconds
- ☐ 3 - able to place foot ahead of other independently and hold 30 seconds
- ☐ 2 - able to take small step independently and hold 30 seconds, or required assistance to place foot in front but can stand for 30 seconds
- ☐ 1 - needs help to step but can hold 15 seconds
- ☐ 0 - loses balance while stepping or standing

Time in seconds: _____

9. Standing On One Leg

- ☐ 4 - able to lift leg independently and hold 10 seconds
- ☐ 3 - able to lift leg independently and hold 5 to 9 seconds
- ☐ 2 - able to lift leg independently and hold 3 to 4 seconds
- ☐ 1 - tries to lift leg; unable to hold 3 seconds but remains standing
- ☐ 0 - unable to try or needs assist to prevent fall

10. Turn 360 Degrees

- ☐ 4 - able to turn 360 degrees safely in 4 seconds or less each way (total of less than eight seconds)
- ☐ 3 - able to turn 360 degrees safely in one direction only in 4 seconds or less, completes turn in other direction requires more than four seconds
- ☐ 2 - able to turn 360 degrees safely but slowly
- ☐ 1 - Needs close supervision (spotting) or constant verbal cueing
- ☐ 0 - Needs assistance while turning

Time in seconds: _____

11. Turning To Look Behind Left & Right Shoulders While Standing Still

- ☐ 4 - looks behind/over each shoulder; weight shifts include trunk rotation
- ☐ 3 - looks behind/over one shoulder with trunk rotation; weight shift in the opposite direction is to the level of the shoulder; no trunk rotation
- ☐ 2 - turns head to look to level of shoulder; no trunk rotation
- ☐ 1 - needs supervision (spotting) when turning; the chin moves greater than half the distance to the shoulder
- ☐ 0 - needs assist to keep from losing balance or falling; movement of the chin is less than half the distance to the shoulder

12. Pick Up Object From The Floor From A Standing Position

- ☐ 4 - able to pick up an eraser safely and easily
- ☐ 3 - able to pick up eraser but needs supervision (spotting)
- ☐ 2 - unable to pick up eraser but reaches 1 to 2 inches from eraser and keeps balance independently
- ☐ 1 - unable to pick up eraser; needs supervision (spotting) while attempting
- ☐ 0 - unable to try, needs assist to keep from losing balance or falling

13. Placing Alternate Foot On Step Stool While Standing Unsupported

- ☐ 4 - stands independently and safely and completes 8 steps in 20 seconds
- ☐ 3 - able to stand independently and complete 8 steps >20 seconds
- ☐ 2 - able to complete 4 steps without assistance, but requires close supervision (spotting)
- ☐ 1 - able to complete 2 steps; needs minimal assistance
- ☐ 0 - needs assistance to maintain balance or keep from falling, unable to try

Time in seconds: _____

14. Reaching Forward With Outstretched Arm While Standing

- ☐ 4 - can reach forward confidently >10 inches
- ☐ 3 - can reach forward >5 inches, safely
- ☐ 2 - can reach forward >2 inches, safely
- ☐ 1 - reaches forward but needs supervision (spotting)
- ☐ 0 - loses balance while trying, requires external support

Total Test Score: _____

Maximum Score = 56