

Sitting Balance Scale

Patient's full name: _____ Date assessed: _____ dd / mm / yyyy

Assessor's full name: _____

What you need: Stopwatch, 2 lb. cuff weight, Pen, 12-inch ruler, Slipper, Physician Desk Reference (PDR) or other stable objects 3 to 3.5 inches in height, Clipboard, 15"x15"x15" foam

Identify if the individual is sitting in:

- ☐ Folding Chair
- ☐ Wheelchair
- ☐ Therapy mat
- ☐ Bed
- ☐ Other

SITTING UNSUPPORTED (EYES OPEN)

SITTING UNSUPPORTED (EYES OPEN) - Sit with eyes open and arms folded on lap, feet flat on the floor for 60 seconds. Back must not be leaning into a support surface

- ☐ 4 - Able to sit safely and securely for 60 seconds
- ☐ 3 - Able to sit for 60 seconds but requires supervision
- ☐ 2 - Able to sit for 30 seconds
- ☐ 1 - Able to sit for 10 seconds
- ☐ 0 - Unable to sit unsupported for 10 seconds

SITTING UNSUPPORTED WITH EYES CLOSED

SITTING UNSUPPORTED WITH EYES CLOSED - Sit with eyes closed for 30 seconds, with feet flat on the floor

- ☐ 4 - Able to sit safely and securely for 30 seconds
- ☐ 3 - Able to sit for 30 seconds but requires supervision
- ☐ 2 - Able to sit for 10 seconds
- ☐ 1 - Able to sit for 3 seconds
- ☐ 0 - Unable to sit unsupported for 3 seconds

SITTING UNSUPPORTED WITH ARMS AS LEVERS

SITTING UNSUPPORTED WITH ARMS AS LEVERS

- ☐ 4 - Able to maintain sit while lifting the 2 lb weight to 90 degrees of shoulder flexion
- ☐ 3 - Able to maintain sit and lift arm up to 90 degrees of shoulder flexion without the weight
- ☐ 2 - Able to maintain sit with arms folded across the chest
- ☐ 1 - Able to maintain sit with hands folded in their lap
- ☐ 0 - Able to sit with hands at side of them on the support surface

REACHING FORWARD WITH OUTSTRETCHED ARM WHILE SITTING

REACHING FORWARD WITH OUTSTRETCHED ARM WHILE SITTING

- ☐ 4 - Can reach forward without loss of balance > 10"
- ☐ 3 - Can reach forward without loss of balance >5"
- ☐ 2 - Can reach forward without loss of balance >2"
- ☐ 1 - Reaches forward but needs supervision
- ☐ 0 - Loses balance while trying/requires external support

PICK UP AN OBJECT FROM THE FLOOR WHILE SITTING UNSUPPORTED

PICK UP AN OBJECT FROM THE FLOOR WHILE SITTING UNSUPPORTED

- ☐ 4 - Able to pick up the slipper without losing balance
- ☐ 3 - Able to pick up the slipper but requires supervision for balance
- ☐ 2 - Unable to pick up slipper but reaches 1-2" from slipper and keeps balance independently
- ☐ 1 - Unable to pick up and needs supervision while trying
- ☐ 0 - Unable to try/needs assistance to keep from losing balance or falling

PLACING ALTERNATE FOOT ON BOOK OR OBJECT 3-3.5" IN HEIGHT

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- ☐ 4 - Able to sit independently and safely complete 8 steps in 20 seconds
- ☐ 3 - Able to sit independently and complete 8 steps > 20 seconds
- ☐ 2 - Able to complete 4 steps without aid but with supervision
- ☐ 1 - Able to complete > 2 steps with minimal assistance
- ☐ 0 - Unable to try/needs assistance to keep from falling if tries

REACHING Laterally WITH OUTSTRETCHED ARM WHILE SITTING UNSUPPORTED

REACHING Laterally WITH OUTSTRETCHED ARM WHILE SITTING UNSUPPORTED

- ☐ 4 - Can reach laterally without loss of balance > 10"
- ☐ 3 - Can reach laterally without loss of balance >5"
- ☐ 2 - Can reach laterally without loss of balance >2"
- ☐ 1 - Reaches laterally but needs supervision
- ☐ 0 - Loses balance while trying/requires external support

TURNING TO LOOK BEHIND OVER LEFT AND RIGHT SHOULDER WHILE SITTING

TURNING TO LOOK BEHIND OVER LEFT AND RIGHT SHOULDER WHILE SITTING

- ☐ 4 - Looks behind them from both sides while shifting weight appropriately
- ☐ 3 - Looks behind them one side only with the other side showing less weight shift
- ☐ 2 - Turns sideways only but maintains balance
- ☐ 1 - Needs supervision while turning
- ☐ 0 - Needs assistance to keep from losing balance or falling

LATERAL BEND TO ELBOW IN SITTING

LATERAL BEND TO ELBOW IN SITTING

- ☐ 4 - Able to smoothly perform the motion bilaterally and return to upright position
- ☐ 3 - Able to perform 2/3 of the motion or difficulty returning to upright on one or both sides
- ☐ 2 - Able to perform 1/3 of the motion or only able to perform unilaterally
- ☐ 1 - Initiates the motion but requires assistance to move further
- ☐ 0 - Unable to complete motion

SIT TO STAND TRANSFERS

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- ☐ 4 - Able to transfer safely with the minor use of hands
- ☐ 3 - Able to transfer safely with verbal cueing and/or supervision
- ☐ 2 - Able to transfer with assistance x 1
- ☐ 1 - Able to transfer with assistance x 2
- ☐ 0 - Unable to transfer or needs a lift

PICK UP AN OBJECT FROM THE FLOOR WHILE SITTING UNSUPPORTED ON FOAM

PICK UP AN OBJECT FROM THE FLOOR WHILE SITTING UNSUPPORTED ON FOAM

- ☐ 4 - Able to pick up the slipper without losing balance
- ☐ 3 - Able to pick up the slipper but requires supervision for balance
- ☐ 2 - Unable to pick up slipper but reaches 1-2" from slipper and keeps balance independently
- ☐ 1 - Unable to pick up and needs supervision while trying
- ☐ 0 - Unable to try/needs assistance to keep from losing balance or falling

Total score: _____ / 44: _____
