

Tinetti Balance Test

Patient's full name: _____ Patient's date of birth: _____ dd / mm / yyyy

Evaluator's full name: _____ Date of test: _____ dd / mm / yyyy

BALANCE TEST:

Make sure that the patient is seated on a sturdy armless chair.

Sitting balance

☐ 0 = Leans or slides in chair ☐ 1 = Steady, safe

Rises from chair

☐ 0 = Unable to without help ☐ 1 = Able, uses arms to help ☐ 2 = Able, without use of arms

Attempts to rise

☐ 0 = Unable to without help ☐ 1 = Able, but requires more than 1 attempt ☐ 2 = Able to rise in 1 attempt

Immediate standing balance (first 5 seconds)

☐ 0 = Unsteady (staggers, moves feet, trunk sway) ☐ 1 = Steady but uses walker or other support

☐ 2 = Steady without walker or other support

Standing balance

☐ 0 = Unsteady ☐ 1 = Steady but wide stance and uses support ☐ 2 = Narrow stance without support

Nudged (with patient's eyes open)

☐ 0 = Begins to fall ☐ 1 = Staggers, grabs, catches self ☐ 2 = Steady

Nudged (with patient's eyes closed)

☐ 0 = Unsteady ☐ 1 = Steady

Turning 360 degrees (steps)

☐ 0 = Discontinuous steps ☐ 1 = Continuous steps

Turning 360 degrees (steadiness)

☐ 0 = Unsteady (grabs, staggers) ☐ 1 = Steady

Sitting down

☐ 0 = Unsafe (misjudged distance, falls into chair) ☐ 1 = Uses arms or not a smooth motion ☐ 2 = Safe, smooth motion

TOTAL BALANCE SCORE = /16: _____

GAIT TEST

The patient will walks across the room (walking aids are allowed) for 15 meters, first at usual pace, then at a rapid pace going back.

Indication of gait (immediately after told to 'go'.)

☐ 0 = Any hesitancy or multiple attempts ☐ 1 = No hesitancy

Step length and height (Select 2 if applicable)

☐ 0 = Step to ☐ 1 = Step through right ☐ 2 = Step through left

Foot clearance (Select 2 if applicable)

☐ 0 = Foot drop ☐ 1 = Left foot clears the floor ☐ 2 = Right foot clears the floor

Step symmetry

☐ 0 = Right and left step length not equal ☐ 1 = Right and left step length appear equal

Step continuity

☐ 0 = Stopping or discontinuity between steps ☐ 1 = Steps appear continuous

Path

☐ 0 = Marked deviation ☐ 1 = Mild/moderate deviation or uses walking aid ☐ 2 = Straight without walking aid

Trunk

☐ 0 = Marked sway or uses walking aid ☐ 1 = No sway, flexes knees/back/uses arms to balance
☐ 2 = No sway, no flexion of knees or back use of arms, or walking aid

Walking time

☐ 0 = Heels apart ☐ 1 = Heels almost touching while walking

TOTAL GAIT SCORE = /12: _____

Scoring interpretation guide: 18 or below = High risk of falling, 19 - 23 = Moderate risk of falling, 24+ = Low risk of falling