

Tinetti Assessment Tool: Balance

Patient: _____

Date: _____

Location: _____

Rater: _____

Initial Instructions: Subject is seated in a hard, armless chair. The following maneuvers are tested.

<u>Task</u>	<u>Description of Balance</u>	<u>Score</u>
1. <u>Sitting balance:</u>	Leans or slides in chair Steady, safe	=0 =1 _____
2. <u>Arises:</u>	Unable without help Able, uses arms to help Able without using arms	=0 =1 =2 _____
3. <u>Attempts to arise:</u>	Unable without help Able, requires > 1 attempt Able to arise, 1 attempt	=0 =1 =2 _____
4. <u>Immediate standing balance</u> (first five seconds):	Unsteady (swaggers, moves feet, trunk sway) Steady but uses walker or other support Steady without walker or other support	=0 =1 =2 _____
5. <u>Standing balance</u>	Unsteady Steady but wide stance (medial heels >4 in. apart) and uses cane or other support Narrow stance without support	=0 =1 =2 _____
6. <u>Nudged</u>	(subject at maximum position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times): Begins to fall Staggers, grabs, catches self Steady	=0 =1 =2 _____
7. <u>Eyes Closed</u>	(at maximum position No. 6) Unsteady Steady	=0 =1 _____
8. <u>Turning 360 degrees</u>	Discontinuous Steps Continuous Unsteady (grabs, staggers) Steady	=0 =1 =0 =1 _____
9. <u>Sitting down</u>	Unsafe (misjudges distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion	=0 =1 =2 _____

Balance Score:

_____ /16

Tinetti Assessment Tool: Gait

Patient: _____

Date: _____

Location: _____

Rater: _____

Initial instructions: Subject stands with examiner, walks down hallway or across room, first at "usual" pace, then back at "rapid, but safe" pace (using usual walking aids).

<u>Task</u>	<u>Description of Gait</u>	<u>Score</u>
10. <u>Initiation of gait</u>	(immediately after told to "go") Any hesitancy or multiple attempts to start No hesitancy	=0 =1 _____
11. <u>Step length and height</u>		
a. <u>Right swing foot:</u>	does not pass left stance foot with step passes left stance foot right foot does not clear floor completely with step right foot completely clears floor	=0 =1 =0 =1
b. <u>Left swing foot:</u>	does not pass right stance foot with step passes right stance foot left foot does not clear floor completely with step left foot completely clears floor	=0 =1 =0 =1 _____
12. <u>Step Symmetry</u>	Right and left step length not equal (estimate) Right and left step appear equal	=0 =1 _____
13. <u>Step Continuity</u>	Stopping or discontinuity between steps Steps appear continuous	=0 =1 _____
14. <u>Path</u>	(estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 ft. of the course.) Marked deviation Mild/moderate deviator or uses walking aid Straight without walking aid	=0 =1 =2 _____
15. <u>Trunk</u>	Marked sway or uses walking aid No sway but flexion of knees or back or spreads arms out while walking No sway, no flexion, no use of arms, and not use of walking aid	=0 =1 =2 _____
16. <u>Walking Time</u>	Heels apart Heels almost touching while walking	=0 =1 _____

Gait Score: _____ /12

Balance + Gait Score: _____ /28