

Patient last name:

Date of birth: / /

Patient first name:

Date: / /

Tinetti balance assessment tool

BALANCE SECTION

Patient is seated in hard, armless chair

	Date		
Sitting Balance	Leans or slides in chair = 0 Steady, safe = 1		
Rises from chair	Unable to without help = 0 Able, uses arms to help = 1 Able without use of arms = 2		
Attempts to rise	Unable to without help = 0 Able, requires > 1 attempt = 1 Able to rise, 1 attempt = 2		
Immediate standing Balance (first 5 seconds)	Unsteady (staggers, moves feet, trunk sway) = 0 Steady but uses walker or other support = 1 Steady without walker or other support = 2		
Standing balance	Unsteady = 0 Steady but wide stance and uses support = 1 Narrow stance without support = 2		
Nudged	Begins to fall = 0 Staggers, grabs, catches self = 1 Steady = 2		
Eyes closed	Unsteady = 0 Steady = 1		
Turning 360 degrees	Discontinuous steps = 0 Continuous = 1		
	Unsteady (grabs, staggers) = 0 Steady = 1		
Sitting down	Unsafe (misjudged distance, falls into chair) = 0 Uses arms or not a smooth motion = 1 Safe, smooth motion = 2		
	Balance score	/16	/16

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GAIT SECTION

Patient stands with therapist, walks across room (+/- aids), first at usual pace, then at rapid pace.

	Date		
Indication of gait (Immediately after told to 'go'.)	Any hesitancy or multiple attempts = 0 No hesitancy = 1		
Step length and height	Step to = 0 Step through R = 1 Step through L = 1		
Foot clearance	Foot drop = 0 L foot clears floor = 1 R foot clears floor = 1		
Step symmetry	Right and left step length not equal = 0 Right and left step length appear equal = 1		
Step continuity	Stopping or discontinuity between steps = 0 Steps appear continuous = 1		
Path	Marked deviation = 0 Mild/moderate deviation or uses w. aid = 1 Straight without w. aid = 2		
Trunk	Marked sway or uses w. aid = 0 No sway but flex. knees or back or uses arms for stability = 1 No sway, flex., use of arms or w. aid = 2		
Walking time	Heels apart = 0 Heels almost touching while walking = 1		
	Gait score	/12	/12
	Balance score carried forward	/16	/16
	Total Score = Balance + Gait score	/28	/28

Risk Indicators:

Tinetti Tool Score	Risk of Falls
≤18	High
19-23	Moderate
≥24	Low