## McLaren Flint PHYSICAL THERAPY STANDARDIZED TESTS PAGE 1

Date:

Date:

## **BERG BALANCE TEST**

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BALANCE ITEM 1. Change of Position- Sit -> Stand	SCORE (0-4)			
(4) Stand without UE support,()	(3) (1) with use of UE	(2) Several tries, able to stand		
(1) Min assit to stand/stabilize	(0) Mod or Max assist to stand			
2. Standing Unsupported				
(4) Safely for 2 mins	(3) supervision for 2 mins	(2) 30 secs unsupported		
(1) several tries for 30 sec unsupported	(0) Unable to stand 30 secs unassisted	d		
3. Sitting Unsupported				
(4) Able safely(),2 mins (1) able to sit 10 secs	<ul><li>(3) supervision for 2 mins</li><li>(0) Needs support to sit 10 seconds</li></ul>	(2) able to sit 30 secs		
	(b) Needs support to sit to seconds			
4. Change of Position- Stand->Sit	(2) controls descent with LIF	(0) heals of large on chair to control descent		
<ul><li>(4) Safe, minimal use of UE support</li><li>(1) Sits (1), uncontrolled descent</li></ul>	<ul><li>(3) controls descent with UE</li><li>(0) Needs assist to sit</li></ul>	(2) back of legs on chair to control descent		
5. Transfers Chair	(3) Definite need of hands for safety	(2) Supervision or verbal cueing		
(1) One person assist	(0) two person assist for safety			
6. Standing With Eyes Closed	-			
(4) Safely for 10 sec	(3) safely for 10 secs with supervision	(2) stands 3 secs		
(1) Unable to keep eyes closed for 3 sec		(0) Needs assist not to fall		
7. Standing With Feet Together				
(4) Feet together (1), stand 1 Min	(3) Feet together (1), stand 1 Min with s	supervision		
<ul> <li>(2) Feet together (1), can't hold for 30 sec</li> <li>(0) needs assist to attain, can't hold 15 s</li> </ul>		15 sec		
8. Reaching Forward in Standing	(3) () reach 5 inches	(2) (1) reach 2 inches		
(4) (1) reach 10 inches (1) Needs supervision to reach	(0) Requires assist to attempt reach	(2)① reach 2 inches		
9. Retrieving Object From Floor (4) Picks up item ()	(3) Supervision to pick up			
(2) Keeps balance, but reaches 1-2 inch				
(0) Needs assist to keep balance				
10. Turning Trunk (Feet Fixed): Look over s				
<ul><li>(4) Looks behind both shoulders, shifts v</li><li>(2) Turns sideways, maintains balance</li></ul>	veight (3) one side only with less wt s (1) Supervision to turn	shift to other side		
(0) Assist to turn				
11. Turning 360 Degrees: both directions (4) Safe in 4 sec or less	(3) Safe to one side in 4 sec or less	(2) Safe and slowly		
(1) Close supervision or verbal cues	(0) Assist required to turn			
12. Stool Stepping: Alternate steps, four tir	nes each foot			
(4) (1) and safe, 8 steps in 20 sec	(3) ①, 8 steps > 20 secs	(2) 4 steps without assist, supervision		
(1) > 2 steps with min assist	(0) Assist required not to fall during atte	empt		
13. Tandem Standing				
(4) Tandem (), 30 secs (2) Small step (), 30 secs	(3) Exceeds other foot, safely held for (1) Assist to step, hold 15 sec			
(2) Sman step (1), 30 secs	(1) ASSIST TO STEP, TIOLU TO SEC	(0) Loses balance trying		
14. Standing on One Leg	(0) 1:4 (D, bold 5, 10			
(4) Able to lift (), hold >10 sec (1) Unable to lift, stands ()	<ul><li>(3) Lift (1), hold 5-10 sec</li><li>(0) Unable to try, assist to stay standin</li></ul>	(2) Lift (]), Hold = or >3 sec q		
( ,	( ,	TOTALS:		
Interpretations:		THERAPIST:	+	
0-20 W/C bound			1	1
41-56 Independent: <45 Fallers, <36 Fall risk	close to 100%			

41-56 Independent: <45 Fallers, <36 Fall risk close to 100% 21-40 Walking with assist: 31.1 = Walker, 39.0 = Cane, 47.2 = No Aid

PHYSICAL THERAPY

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MR.#/P.M.

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10	d						
Therapist: Therapist:	:90519VA :90519VA		_ Trail 3: _	ʻial 2: 'ial 2:		HCH 	FUNCTIONAL RE Date:// Date://
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	Distance:		Date:/	:oouduuoo o	Trial #2	niM St	
Therapist:	Distance:	/	Date:/	:etelqmoD c	rt aldsoll	niM ð	ENDURANCE:
:T2IQARENT	[			:T2I9AA3HT	I		
K, 19-24 fall risk BALANCE & GAIT SCORE:	Balance & Gait: <19 High fall ris			TOTAL BALANCE SCORE:			
TIAD LATOT :ERODS					e (falls into ch arms, not smo smooth (2)	səsU	nwoD pnitti2 .9
ilex, no arms (2) Peels Apart (0) Heels near during gait (1)	16. Walking Stand			(	y (1) y dy, swaggers ady, swaggers	nitnoO	°08c pninnuT .8
ex knees or back, uses arms (1)						Stead	7. Eyes closed, feet together
<b>10ft)</b> Marked deviation (0) Mild/Mod dev,+AD (1) Straight, no AD (2)				(t) îlə	(S) y	gether) Stagg Stead	
Equal (1) ty Stopping between steps (0) Continuous steps (1)	13. Step Continui			(†) OA sesu b (2) tioqqu	ady (0) y but WBS an w stance no si	Stead	5. Standing Bal
ry Not equal (0)					kw səsu tud (0) y bu tud v y on Y.D'A on y	bset? (;	4. Immediate sta (first 5 sec
clearing floor (0) ars floor (1) passing Rt stance foot (0)	c. Rt foot not d. Rt foot clea			(t) tqm5t	e without help requires >1 at o rise, 1 attem	ı ,əldA	s of stqməftA .S
height Lt stance foot (0)	<b>. Step length &amp;</b> a. Rt foot not b. Rt foot pas			(٢) dlə	e without help ses arms to h vithout using s	u əldA	2. Arises
	10. Initiation of ga			1air (0)	y, safe (1)		onslad pnitti2 .1
Description	GAIT: Task	,		uo	Descripti		BALANCE: Task
Date: Date:		Date: / /	Date:		:70	OOT TNAM28	ESSA ITTENIT