

TINETTI ASSESSMENT TOOL:

BALANCE:		GAIT:	
Task	Description	Task	Description
1. Sitting balance	Leans or slides in chair (0) Steady, safe (1)	10. Initiation of gait	Any hesitancy (0) No hesitancy (1)
2. Arises	Unable without help (0) Able uses arms to help (1) Able without using arms (2)	11. Step length & height	a. Rt foot not passing Lt stance foot (0) b. Rt foot passes Lt (1) c. Rt foot not clearing floor (0) d. Rt foot clears floor (1) e. Lt foot not passing Rt stance foot (0) f. Lt foot passes Rt (1) g. Lt foot not clearing floor (0) h. Lt foot clears floor (1)
3. Attempts to stand	Unable without help (0) Able, requires >1 attempt (1) Able to rise, 1 attempt (2)	12. Step Symmetry	Not equal (0) Equal (1)
4. Immediate standing (first 5 sec)	Unsteady (0) Steady but uses walker (1) Steady no A.D/support (2)	13. Step Continuity	Stopping between steps (0) Continuous steps (1)
5. Standing Balance	Unsteady (0) Steady but WBS and uses AD (1) Narrow stance no support (2)	14. Path (observe 10ft)	Marked deviation (0) Mild/Mod dev,+AD (1) Straight, no AD (2)
6. Nudged (feet close together)	Begins to fall (0) Stagers, catches self (1) Steady (2)	15. Trunk	Marked sway,+AD (0) No sway, + flex knees or back, uses arms (1) No sway, no flex, no arms (2)
7. Eyes closed, feet together	Unsteady (0) Steady (1)	16. Walking Stance	Heels Apart (0) Heels near during gait (1)
8. Turning 360°	Discontinuous steps (0) Continuous steps (1) Unsteady, swagers (0) Steady (1)	TOTAL GAIT SCORE:	
9. Sitting Down	Unstable (falls into chair) (0) Uses arms, not smooth (1) Safe, smooth (2)	TOTAL BALANCE & GAIT SCORE:	
<p><19 High fall risk, 19-24 fall risk</p>		<p>Balance & Gait:</p>	
THERAPIST:		THERAPIST:	
TOTAL SCORE:		TOTAL SCORE:	

BALANCE:

Description

GAIT:

Description

1. Sitting balance

Leans or slides in chair (0)
Steady, safe (1)

Task

10. Initiation of gait

Any hesitancy (0)
No hesitancy (1)

2. Arises

Unable without help (0)
Able uses arms to help (1)
Able without using arms (2)

11. Step length & height

a. Rt foot not passing Lt stance foot (0)
b. Rt foot passes Lt (1)
c. Rt foot not clearing floor (0)
d. Rt foot clears floor (1)
e. Lt foot not passing Rt stance foot (0)
f. Lt foot passes Rt (1)
g. Lt foot not clearing floor (0)
h. Lt foot clears floor (1)

4. Immediate standing (first 5 sec)

Unsteady (0)
Steady but uses walker (1)
Steady no A.D/support (2)

12. Step Symmetry

Not equal (0)
Equal (1)

5. Standing Balance

Unsteady (0)
Steady but WBS and uses AD (1)
Narrow stance no support (2)

13. Step Continuity

Stopping between steps (0)
Continuous steps (1)

6. Nudged (feet close together)

Begins to fall (0)
Stagers, catches self (1)
Steady (2)

15. Trunk

Marked sway,+AD (0)
No sway, + flex knees or back, uses arms (1)
No sway, no flex, no arms (2)

7. Eyes closed, feet together

Unsteady (0)
Steady (1)

8. Turning 360°

Discontinuous steps (0)
Continuous steps (1)
Unsteady, swagers (0)
Steady (1)

9. Sitting Down

Unstable (falls into chair) (0)
Uses arms, not smooth (1)
Safe, smooth (2)

12 Min

Trial #2

Date: / /

Distance Completed: / /

Unable to Complete: / /

Time: / /

Date: / /

Assistive device used: / /

Therapist: / /

Trial #1

Date: / /

Assistive device used: / /

Therapist: / /

TIMED GET UP AND GO: 10 feet, from seated in chair and returning to chair with 180 degree turn

FUNCTIONAL REACH

Date: / /

Trial 1: / /

Average: / /

Therapist: / /

Date: / /

Trial 2: / /

Average: / /

Therapist: / /