## McLaren Flint PHYSICAL THERAPY STANDARDIZED TESTS PAGE 1

## □ BERG BALANCE TEST

BERG BALANCE TEST			Date:	Date:
BALANCE ITEM 1. Change of Position- Sit -> Stand	SCORE (0-4)		//	
(4) Stand without UE support,() (1) Min assit to stand/stabilize	(3)① with use of UE (0) Mod or Max assist to stand	(2) Several tries, able to stand		
2. Standing Unsupported (4) Safely for 2 mins (1) several tries for 30 sec unsupported	<ul><li>(3) supervision for 2 mins</li><li>(0) Unable to stand 30 secs unassisted</li></ul>	(2) 30 secs unsupported d		
<ul> <li>3. Sitting Unsupported</li> <li>(4) Able safely(1),2 mins</li> <li>(1) able to sit 10 secs</li> </ul>	<ul><li>(3) supervision for 2 mins</li><li>(0) Needs support to sit 10 seconds</li></ul>	(2) able to sit 30 secs		
<ul> <li>4. Change of Position- Stand-&gt;Sit</li> <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		
<ul> <li>5. Transfers Chair</li></ul>	<ul><li>(3) Definite need of hands for safety</li><li>(0) two person assist for safety</li></ul>	(2) Supervision or verbal cueing		
<ul> <li>6. Standing With Eyes Closed</li> <li>(4) Safely for 10 sec</li> <li>(1) Unable to keep eyes closed for 3 sec</li> </ul>	(3) safely for 10 secs with supervision , but remains safe	<ul><li>(2) stands 3 secs</li><li>(0) Needs assist not to fall</li></ul>		
<ul> <li>7. Standing With Feet Together</li> <li>(4) Feet together (1), stand 1 Min</li> <li>(2) Feet together (1), can't hold for 30 see</li> <li>(0) needs assist to attain, can't hold 15 s</li> </ul>				
<ul> <li>8. Reaching Forward in Standing <ul> <li>(4) ① reach 10 inches</li> <li>(1) Needs supervision to reach</li> </ul> </li> </ul>	(3)①reach 5 inches (0) Requires assist to attempt reach	(2)① reach 2 inches		
<ul> <li>9. Retrieving Object From Floor <ul> <li>(4) Picks up item (1)</li> <li>(2) Keeps balance, but reaches 1-2 inch</li> <li>(0) Needs assist to keep balance</li> </ul> </li> </ul>	(3) Supervision to pick up es away (1) Unable and requires supe	rvision to try		
<ul> <li>10. Turning Trunk (Feet Fixed): Look over s</li> <li>(4) Looks behind both shoulders, shifts w</li> <li>(2) Turns sideways, maintains balance</li> <li>(0) Assist to turn</li> </ul>		shift to other side		
<b>11. Turning 360 Degrees: both directions</b> (4) Safe in 4 sec or less (1) Close supervision or verbal cues	<ul><li>(3) Safe to one side in 4 sec or less</li><li>(0) Assist required to turn</li></ul>	(2) Safe and slowly		
<ul> <li>12. Stool Stepping: Alternate steps, four tin (4) (1) and safe, 8 steps in 20 sec (1) &gt; 2 steps with min assist</li> </ul>	<b>nes each foot</b> (3) ([), 8 steps > 20 secs (0) Assist required not to fall during att	(2) 4 steps without assist, supervision empt		
<ul> <li>13. Tandem Standing</li> <li>(4) Tandem (1), 30 secs</li> <li>(2) Small step (1), 30 secs</li> </ul>	<ul><li>(3) Exceeds other foot, safely held for</li><li>(1) Assist to step, hold 15 sec</li></ul>	30 sec (0) Loses balance trying		
<ul> <li>14. Standing on One Leg</li> <li>(4) Able to lift (), hold &gt;10 sec</li> <li>(1) Unable to lift, stands ()</li> </ul>	<ul><li>(3) Lift(), hold 5-10 sec</li><li>(0) Unable to try, assist to stay standin</li></ul>	-		
Interpretatione		TOTALS: THERAPIST:		
Interpretations: 0-20 W/C bound 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

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MR.#/P.M.

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TINETTI ASSESSMENT TOOL:		Date:	Date:	]			Date:	Date:		
BALANCE:		//	//	GAIT:			//	//		
Task	0	Descriptio	on			Task	Description			
1. Sitting balance	Leans or sli Steady, safe		air (0)			10. Initiation of		, , ,		
2. Arises	Unable without help (0) Able uses arms to help (1) Able without using arms (2)				a. Rt foot n	<ul> <li>1. Step length &amp; height         <ul> <li>a. Rt foot not passing Lt stance foot (0)</li> <li>b. Rt foot passes Lt (1)</li> </ul> </li> </ul>				
3. Attempts to stand	Able, requir	Jnable without help (0) Able, requires >1 attempt (1) Able to rise, 1 attempt (2)				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)	g Unsteady (0) Steady but uses walker (1) Steady no A.D/support.(2)									
					12. Step Symmo	etry Not equal (0) Equal (1)				
5. Standing Balance	Unsteady (0) Steady but WBS and uses AD (1) Narrow stance no support (2)					13. Step Contin	uity Stopping bet Continuous s	ween steps (0) teps (1)		
6. Nudged (feet close together)	Begins to fall (0) Staggers, catches self (1) Steady (2)					14. Path (obser	<b>ve 10ft)</b> Marked devia Mild/Mod dev Straight, no A			
7. Eyes closed, feet together	Unsteady (0 Steady (1)	Insteady (0) iteady (1)				<b>15. Trunk</b> Marked sway,+AD (0)				
8. Turning 360°	Discontinuous steps (0) Continuous steps (1) Unsteady, swaggers (0)				No sway, + No sway, n 16. Walking Sta	flex knees or back, u o flex, no arms (2) nce Heels Apart ( Heels near du	0)			
		Steady (1)					Tieels fiear di	uning gan (1)		
9. Sitting Down Unsafe (falls into chair) (0) Uses arms, not smooth (1) Safe, smooth (2)				TOTAL GAIT SCORE:						
			TOTAL BALANCE SCORE:			Balance & Ga <19 High fall	iit: risk, 19-24 fall risk	TOTAL BALANCE & GAIT SCORE:		
		ſ	THERAPIST:			1		THERAPIST:		
ENDURANCE:      6 Min     Trial #1     Unable to Complete:		Date:/_ Time:		Distance: Distance Complete	ed:	Therapis	st:			
🖵 12 Mi	n T	rial #2		Date:/_	1	Distance:				
Unable to Complete:					st:					
TIMED GET UP AND GO	: 10 feet, fro	om seated	in chair and re	eturning to cl	hair with 180	) degree turn				
Trial #1 Date://			Time: Assistive device used: Therapist:							
Trial #2 Date://				Therapist:						
Independent functiona	I mobility <	:10 – 20 s	econds; > 30	seconds, in	npaired mo	bility, increased ri	sk of fall			
Date:// Tr	rial 1:	Tri	ial 2:	_ Trail 3:		Average:	Therapist:			
Date:// Tr	rial 1:	Tri	ial 2:	_ Trail 3:		Average:	Therapist:			
							DT			
	v						PT.			
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