

TINETTI ASSESSMENT TOOL: BALANCE AND GAIT

Patient Name: _____ ID#: _____

Date: _____ Assessor: (signature/title) _____

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

Task	Description of Balance	Possible	Score
1. Sitting balance	Leans or slides in chair Steady, safe	= 0 = 1	
2. Arises	Unable without help Able, uses arms to help Able without using arms	= 0 = 1 = 2	
3. Attempts to arise	Unable without help Able, requires greater than 1 attempt Able to rise, 1 attempt	= 0 = 1 = 2	
4. Immediate standing balance (first 5 seconds)	Unsteady (swaggers, moves feet, trunk sway) Steady but uses walker or other support Steady without walker or other support	= 0 = 1 = 2	
5. Standing Balance	Unsteady Steady but wide stance (medial heels greater than 4 inches apart) and uses cane or other support Narrow stance without support	= 0 = 1 = 2	
6. Nudged (subject at max 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. Eyes closed (at maximum position #6)	Unsteady Steady	= 0 = 1	
8. Turning 360 degrees	Discontinuous steps Continuous steps Unsteady (grabs, swaggers) Steady	= 0 = 1 = 0 = 1	
9. Sitting down	Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion	= 0 = 1 = 2	
Balance Score:			

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

Task	Description of Gait	Possible	Score
10. Initiation of gait (immediately after told to "go")	Any hesitancy or multiple attempts to start No hesitancy	= 0 = 1	
11. Step length and height	a. Right swing foot does not pass left stance foot with step b. Right foot passes left stance foot c. Right foot does not clear floor completely with step d. Right foot completely clears floor e. Left swing foot does not pass right stance foot with step f. Left foot passes right stance foot g. Left foot does not clear floor completely with step h. Left foot completely clears floor	= 0 = 1 = 0 = 1 = 0 = 1 = 0 = 1	
12. Step symmetry	Right and left step length not equal (estimate) Right and left step appear equal	= 0 = 1	
13. Step continually	Stopping or discontinuity between steps Steps appear continuous	= 0 = 1	
14. Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 feet of the course)	Marked deviation Mild/moderate deviation or uses walking aid Straight without walking aid	= 0 = 1 = 2	
15. Trunk	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 no use of walking aid	= 0 = 1 = 2	
16. Walking stance	Heels apart Heels almost touching while walking	= 0 = 1	

Key for Scoring: Maximum score is 28
Score below 19 "High risk of falling"
Score in 19-24 range "Greater chance of falling" but is not at "High risk"
Score in 24-28 range "Low risk of falling"

Gait Score:

Balance + Gait Score: