

BALANCE TEST: Subject is seated on hard, armless chair	Date	Date	Date	Date
Sitting Balance: Leans or slides in chair=0; Steady, safe=1				
Arises: Unable w/o help=0; Able, uses arms to help=1; Able w/o arms=2				
Attempts to Arise: Unable w/o help=0; Able,requires >1 attempt=1; Able on first attempt=2				
Immediate Standing Balance(first 5 seconds): Unsteady(moves feet, sways, swaggers)=0; Steady but uses support=1; Steady without support=2				
Standing Balance: Unsteady=0; Steady but >4 BOS & requires support=1; Narrow stance w/o support=2				
Sternal Nudge (feet close together): Begins to fall=0; Stagger, grabs, catches self=1; Steady=2				
Eyes Closed (feet close together): Unsteady=0; Steady=1				
Turning 360 degrees: Discontinuous steps=0; Continuous steps=1				
Turning 360 degrees: Unsteady (grabs, staggers)=0; Steady=1				
Sitting Down: Unsafe (misjudges distance, falls)=0; Uses arms or not a smooth motion=1; Safe, smooth motion=2				
BALANCE SCORE	/16	/16	/16	/16
GAIT TESTS: Subject walks at Normal Pace	Date	Date	Date	Date
Gait Initiation: (Immediately after told "go") Any hesitancy, multiple attempts to start=0; No hesitancy=1				
Step Length: R swing foot passes L stance leg=1 L swing foot passes R stance leg=1				
Foot Clearance: R foot completely clears floor=1 L foot completely clears floor=1				
Step Symmetry: R and L step length unequal=0; R and L step length equal=1				
Step Continuity: Stopping or discontinuity between steps=0; Steps appear continuous=1				
Path (excursion) Marked deviation=0; Mild/Moderate deviation or uses device=1; Straight without assistive device=2				
Trunk Marked sway our uses assistive device=0; No sway, but knee or trunk flexion or spreads arms out while walking=1; None of above=2				
Base of Support Heels apart=0; Heels almost touching with gait=1				
GAIT SCORE	/12	/12	/12	/12
COMBINED BALANCE& GAIT SCORE	/28	/28	/28	/28

0-18=HIGH RISK

19-23=INCREASED RISK FOR FALLS

24-28= LOW RISK FOR FALLS