

TINETTI BALANCE & GAIT ASSESSMENT

For both assessments, enter the date of each exam and circle your rating for each item. Indicate totals at the bottom of each section.

BALANCE ASSESSMENT

To perform this assessment, seat the patient in a hard, armless chair.

| Evaluated Function | Description of Behavior | Date: | Date: |
|--|--|------------------|------------------|
| Sitting Balance | Leans or slides in chair Steady, safe | 0 1 | 0 1 |
| Rises From Chair | Unable to rise without help Able to rise using arms to help Able to rise without using arms to help | 0 1 2 | 0 1 2 |
| Attempts To Rise | Unable to rise without help Able to rise, requires more than one attempt Able to rise, requires one attempt | 0 1 2 | 0 1 2 |
| Standing Balance (1 st 5 Seconds) | Unsteady (staggers, moves feet, trunk sways) Steady, but uses walker or other support Steady without walker or other support | 0 1 2 | 0 1 2 |
| Standing Balance | Unsteady Steady, but with wide stance and uses support Narrow stance without support | 0 1 2 | 0 1 2 |
| Nudged | Begins to fall Staggers, grabs, catches self Steady | 0 1 2 | 0 1 2 |
| Eyes Closed | Unsteady Steady | 0 1 | 0 1 |
| Turning 360 Degrees | Discontinuous steps Continuous steps Unsteady (grabs, staggers) Steady | 0 1 0 1 | 0 1 0 1 |
| Sitting Down (Getting Seated) | Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion | 0 1 2 | 0 1 2 |
| Balance Score | | 16 | 16 |
| Potential Points: 16 | | | |

GAIT ASSESSMENT

Stand with the patient. Walk across the room (+/- aids) at a usual pace, then rapidly

| Evaluated Function | Description of Behavior | Date: | Date: |
|----------------------|--|-------------|-------------|
| Indication of Gait | Any hesitancy or multiple attempts No hesitancy | 0 1 | 0 1 |
| Step Length & Height | Step to Step through right Step through left | 0 1 1 | 0 1 1 |
| Foot Clearance | Foot drop Left foot clears the floor Right foot clears the floor | 0 1 1 | 0 1 1 |
| Step Symmetry | Right and left step length are not equal Right and left step length appear equal | 0 1 | 0 1 |
| Step Continuity | Stopping of discontinuity between steps Steps appear continuous | 0 1 | 0 1 |
| Path | Marked deviation Mild/moderate deviation or uses a walking aid Straight without a walking aid | 0 1 2 | 0 1 2 |
| Trunk | Marked sway or uses a walking aid No sway, flexes knees/back/uses arms to balance No sway, no flexion of knees or back use of arms, or walking aid | 0 1 2 | 0 1 2 |
| Walking Time | Heels apart Heels almost touching while walking | 0 1 | 0 1 |
| Gait Score | | 12 | 12 |
| Potential Points: 12 | | | |

| | | | |
|-------------------------------------|--|----|----|
| Combined Score | | 28 | 28 |
| Potential Points For Balance & Gait | | | |