

For each assessment, enter the date of each exam and your rating for each item. Write the total for each "exam" date in the space on page 2.

1. Please stand up; try not to use your hands for support.		
1 <sup>st</sup> Date	Score	0 = needs moderate or maximal help to stand 1 = needs minimal assist to stand or to stabilize 2 = able to stand using hands after several tries 3 = able to stand independently using hands 4 = able to stand with no hands and stabilize self  <i>Mark the lowest category.</i>
2 <sup>nd</sup> Date		
3 <sup>rd</sup> Date		

2. Stand for 2 minutes without support or holding.		
1 <sup>st</sup> Exam	Score	0 = unable to stand thirty seconds 1 = needs several tries to stand 30 seconds unsupported 2 = able to stand 30 seconds unsupported 3 = able to stand 2 minutes with supervision 4 = able stand safely for 2 minutes  <i>If you give a rating of 4, go to question #4 and score sitting balance as a 4.</i>
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

3. Sit unsupported with feet on the floor, no support and arms folded for 2 minutes.		
1 <sup>st</sup> Exam	Score	0 = unable to sit without support for 10 seconds 1 = able to sit for 10 seconds 2 = able to sit for 30 seconds 3 = able to sit for 2 minutes under supervision 4 = able to sit safely and securely for 2 minutes
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

4. Move from sitting to standing. Try not to use your hands.		
1 <sup>st</sup> Exam	Score	0 = needs assistance to sit 1 = sits independently, but has uncontrolled descent 2 = uses back of legs against chair to control descent 3 = controls descent by using hands 4 = sits safely with minimal use of hands
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

5. Move from the chair to the bed and back. (1 way toward a seat w/armrests, 1 way to a seat w/o armrests)		
1 <sup>st</sup> Exam	Score	0 = needs 2 people to assist/supervise to be safe 1 = needs one person to assist 2 = able to transfer w/verbal cueing +/- supervision 3 = able to transfer safely with definite use of hands 4 = able to transfer safely with minor use of hands
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

6. Stand unsupported with eyes closed for 10 seconds.		
1 <sup>st</sup> Exam	Score	0 = needs help to keep from falling 1 = unable to keep eyes closed for 3 seconds, but stays steady 2 = able to stand for 3 seconds 3 = able to stand for 10 seconds with supervision 4 = able to stand for 10 seconds safely
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

7. Stand unsupported with feet together.		
1 <sup>st</sup> Exam	Score	0 = needs help to attain position; unable to hold 15 seconds 1 = needs help to attain position, but able to stand for 15 seconds with feet together 2 = able to independently place feet together but unable to hold for 30 seconds 3 = able to independently place feet together and stand for one minute with supervision 4 = able to independently place feet together and stand for one minute safely
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

8. Reach forward with your arm outstretched. Lift arm to 90 degrees. Stretch your fingers and reach forward as you can		
1 <sup>st</sup> Exam	Score	0 = needs help to keep from falling 1 = reaches forward but needs supervision 2 = can reach forward > 2 inches safely 3 = can reach forward > 5 inches safely 4 = can reach forward confidently > 10 inches  <i>Hold ruler to measure the distance.</i>
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

9. Pick up an object from the floor.		
1 <sup>st</sup> Exam	Score	0 = unable to try/needs assistance to keep from falling 1 = unable to pick up; needs supervision while trying 2 = unable to pick up but reaches 1-2 inches from object and keeps balance independently 3 = able to pick up object, but needs supervision 4 = able to pick up object safely
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

10. Turn your upper body to look over your left shoulder. Now try turning to look over your right shoulder.		
1 <sup>st</sup> Exam	Score	0 = needs assistance to keep from falling 1 = needs supervision when turning 2 = turns sideways only, but maintains balance 3 = looks behind 1 side only, other side shows less weight 4 = looks behind from both sides and weight shifts well
2 <sup>nd</sup> Exam		
3 <sup>rd</sup> Exam		

11. Turn 360 degrees – in a full circle. Pause. Then turn a full circle in the other direction.		
1 <sup>st</sup> Exam	Score	0 = needs assistance while turning 1 = needs close supervision or verbal cueing
2 <sup>nd</sup> Exam		2 = able to turn 360 degrees safely, but slowly 3 = able to turn 360 degrees safely – 1 side only < 4 seconds
3 <sup>rd</sup> Exam		4 = able to turn 360 safely in < 4 seconds, each side

12. Place your foot on the stool; then place the other foot on the stool. (Each foot should touch the stool 4 Xs in total.)		
1 <sup>st</sup> Exam	Score	0 = needs assistance to keep from falling; unable to try 1 = able to complete > 2 steps; needs minimal assistance
2 <sup>nd</sup> Exam		2 = able to complete 4 steps w/supervision/without aid 3 = able to stand independently and complete 8 steps, but takes more than 20 seconds
3 <sup>rd</sup> Exam		4 = able to stand independently and complete 8 steps in 20 seconds or less <i>Do this activity 4 times. Count the number of times the client's "step" touched the stool.</i>

13. Stand without support and place one foot direct in front of the other. If you feel that you can't place your foot direct in front, try to step far enough ahead so the heel of your forward foot is ahead of the toes on the other foot.		
1 <sup>st</sup> Exam	Score	0 = loses balance while stepping or standing 1 = needs help to step but can hold for 15 seconds
2 <sup>nd</sup> Exam		2 = able to take a small step independently and hold for 30 seconds
3 <sup>rd</sup> Exam		3 = able to place one foot ahead of the other independently and hold for 30 seconds 4 = able to place foot heel-to-toe independently and hold for 30 seconds

14. Stand on one leg as long as you can without support.		
1 <sup>st</sup> Exam	Score	0 = unable to try or needs assistance to prevent falling 1 = tries to lift leg; unable to hold 3 seconds, but remains standing independently
2 <sup>nd</sup> Exam		2 = able to lift leg independently + hold = or > 3 seconds
3 <sup>rd</sup> Exam		3 = able to lift leg independently + hold for 5-10 seconds 4 = able to lift leg independently and hold > 10 seconds

**RESULTS**

Exam Date	Total Score	%	% Change	Done By	Comments

**COMMENTS**