

# 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	0	0
	Steady, safe	1	1
Rises From Chair	Unable to rise without help	0	0
	Able to rise using arms to help	1	1
	Able to rise without using arms to help	2	2
Attempts To Rise	Unable to rise without help	0	0
	Able to rise, requires more than one attempt	1	1
	Able to rise, requires one attempt	2	2
Standing Balance (1 <sup>st</sup> 5 Seconds)	Unsteady (staggers, moves feet, trunk sways)	0	0
	Steady, but uses walker or other support	1	1
	Steady without walker or other support	2	2
Standing Balance	Unsteady	0	0
	Steady, but with wide stance and uses support	1	1
	Narrow stance without support	2	2
Nudged	Begins to fall	0	0
	Staggers, grabs, catches self	1	1
	Steady	2	2
Eyes Closed	Unsteady	0	0
	Steady	1	1
Turning 360 Degrees	Discontinuous steps	0	0
	Continuous steps	1	1
	Unsteady (grabs, staggers)	0	0
	Steady	1	1
Sitting Down (Getting Seated)	Unsafe (misjudged distance, falls into chair)	0	0
	Uses arms or not a smooth motion	1	1
	Safe, smooth motion	2	2
<b>Balance Score</b>			
Potential Points: 16		/	/
		16	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	0	0
	No hesitancy	1	1
Step Length & Height	Step to	0	0
	Step through right	1	1
	Step through left	1	1
Foot Clearance	Foot drop	0	0
	Left foot clears the floor	1	1
	Right foot clears the floor	1	1
Step Symmetry	Right and left step length are not equal	0	0
	Right and left step length appear equal	1	1
Step Continuity	Stopping or discontinuity between steps	0	0
	Steps appear continuous	1	1
Path	Marked deviation	0	0
	Mild/moderate deviation or uses a walking aid	1	1
	Straight without a walking aid	2	2
Trunk	Marked sway or uses a walking aid	0	0
	No sway, flexes knees/back/uses arms to balance	1	1
	No sway, no flexion of knees or back use of arms, or walking aid	2	2
Walking Time	Heels apart	0	0
	Heels almost touching while walking	1	1
<b>Gait Score</b>			
Potential Points: 12		/	/
		12	12
<b>Combined Score</b>			
Potential Points For Balance & Gait		/	/
		28	28