

TINETTI ASSESSMENT TOOL

Patient: _____ Therapist: _____

BALANCE TEST Subject is seated on hard, armless chair	DATE				ASSESSMENT GAIT: Subject walks at normal pace	DATE			
1. SITTING BALANCE Leans or slides in chair = 0 Steady, Safe, = 1					10. GAIT INITIATION (immediately after told "go") Any hesitancy, multiple attempts to start = 0 No hesitancy = 1				
2. ARISES Unable without help = 0 Able, uses arm to help = 1 Able without using arms = 2					11. STEP LENGTH Right swing foot: Does not pass left stance foot with step = 0 Passes left stance foot = 1 Right foot does not clear floor completely with step = 0 Right foot completely clears floor = 1 Left swing foot: Does not pass right stance foot with step = 0 Passes right stance foot = 1 Left foot does not clear floor completely with step = 0 Left foot completely clears floor = 1				
3. ATTEMPTS TO RISE Unable without help = 0 Able, requires >1 attempt = 1 Able on first attempt = 2									
4. IMMEDIATE STANDING BALANCE Unsteady, moves feet, sways, swaggers = 0 Steady but uses support = 1 Steady without support = 2									
5. STANDING BALANCE Unsteady = 0 Steady, but >4 inch base of support and requires support = 1 Narrow stance without support = 2					12. STEP SYMMETRY Right and left step length unequal = 0 Right and left step length equal = 1				
6. STERNAL NUDGE (feet close together, examiner pushed on sternum) Begins to fall = 0 Staggers, grabs, catches self = 1 Steady = 2					13. STEP CONTINUITY Stopping or discontinuity between steps = 0 Steps appear continuous = 1				
7. EYES CLOSED (feet close together) Unsteady = 0 Steady = 1					14. PATH (estimated in relation to floor times, 12" diameter, observe excursion of 1 foot over about 10' of the course) Marked deviation = 0 Mild/moderate deviation or uses device = 1 Straight without assistance device = 2				
8. TURNING 360 DEGREES Discontinuous steps = 0 Continuous = 1 Unsteady (grabs, stagger) = 0 Steady = 1					15. TRUNK Marked sway or uses assistive device = 0 No sway, but knee or trunk flexion or spreads arms out while walking = 1 None of the above deviations = 2				
9. SITTING DOWN Unsafe, misjudges distances, falls = 0 Uses arms or not a smooth motion = 1 Safe, smooth motion = 2					16. WALKING TIME Heels apart = 0 Heels almost touching with gait = 1				
Balance Score					Gait Score				
	16	16	16	16		12	12	12	12
COMBINED BALANCE & GAIT SCORE:									
						28	28	28	28

10-18 = High risk for falls
19-24 = Moderate risk of falls
25 & up = negligible risk of falls