

**TINETTI BALANCE AND GAIT EVALUATION**

**BALANCE**

Instructions: Seat the subject in a hard armless chair. Test the following maneuvers. Select one number that best describes the subject's performance in each test, and add. Put the scores at the end.

**Sitting balance**

- 0= Leans or slides in chair
- 1= Steady, safe

**Arising**

- 0= Unstable without help
- 1= Able but uses arms to help
- 2= Able without use of arms

**Attempt to arise**

- 0= Unable without help
- 1= Able but requires more than one attempt
- 2= Able to arise with one attempt

**Immediate standing balance (first 5 seconds)**

- 0= Unsteady (staggers, moves feet, marked trunk sway)
- 1= Steady but uses walker or cane or grabs other objects for support
- 2= Steady without walker, cane or other support

**Standing balance**

- 0= Unsteady
- 1= Steady but wide stance (medial heels more than 4 inches apart) or uses cane, walker or support
- 2= Narrow stance without support

**Nudging** (With subject's feet as close together as possible, push lightly on the sternum with palm of hand three times)

- 0= Begins to fall
- 1= Staggers and grabs, but catches self
- 2= Steady

**Eyes closed** (at same position as in number 0)

- 0= Unsteady
- 1= Steady

**Turning 360 degrees**

- 0= Discontinuous steps
- 1= Continuous steps
- 0= Unsteady (grabs and staggers)
- 1= Steady

**Sitting down**

- 0= Unsafe (misjudges distance, falls into chair)
- 1= Uses arms or lacks smooth motion
- 2= Safe, smooth motion

**BALANCE SCORE**

**/16**

## TINETTI BALANCE AND GAIT EVALUATION 2

### GAIT

Instructions: The subjects stands with the examiner, and then walks down hallway or across room, first at the usual pace and then back at a rapid but safe pace, using a cane or walker if accustomed to one.

#### Initiation of gait (Immediately after being told to go)

0= Any hesitancy or several attempts to start

1= No hesitancy

#### Step length and height

##### Right swing foot

0= Fails to pass left stance foot with step

1= Passes left stance foot

0= Fails to clear floor completely with step

1= Completely clears floor

##### Left swing foot

0= Fails to pass right stance foot with step

1= Passes right stance foot

0= Fails to clear floor completely with step

1= Completely clears floor

#### Step symmetry

0= Right and left step length unequal

1= Right and left step equal

#### Step continuity

0= Stopping or discontinuity between steps

1= Steps appear continuous

**Path** (Observe excursion of either left or right foot over about 10 feet of the course)

0= Marked deviation

1= Mild to moderate deviation or uses walking aid

2= Walks straight without aid

#### Trunk

0= Marked sway or uses walking aid

1= No sway but flexion of knees or back or spreads arms out while walking

2= No sway, flexion, use of arms, or use of walking aid



#### Walking stance

0= Heels apart

1= heels almost touch while walking

**GAIT SCORE**

**/12**

**TOTAL SCORE**

**/28**