

"Feel the Difference"

TINETTI BALANCE ASSESSMENT TOOL

Tinetti ME, Williams TF, Mayewski R, Fall Risk Index for elderly patients based on number of chronic disabilities. AmJ Med 1986;80:429-434

PATIENT NAME _____ **DOB** _____ **WARD** _____

BALANCE SECTION

Patient is seated in hard, armless chair

		DATE		
Sitting Balance	Leans or slides in chair	= 0		
	Steady, safe	= 1		
Rises from Chair	Unable to without help	= 0		
	Able, uses arms to help	= 1		
	Able without use of arms	= 2		
Attempts to Rise	Unable to without help	= 0		
	Able, requires > 1 attempt	= 1		
	Able to rise, 1 attempt	= 2		
Immediate Standing Balance (first 5 sec)	Unsteady (stagger, moves feet, trunk sway)	= 0		
	Steady but uses walker or other support	= 1		
	Steady without walker or other support	= 2		
Standing Balance	Unsteady	= 0		
	Steady but wide stance and uses support	= 1		
	Narrow stance without support	= 2		
Nudged	Begins to fall	= 0		
	Stagger, grabs, catches self	= 1		
	Steady	= 2		
Eyes Closed	Unsteady	= 0		
	Steady	= 1		
Turning 360 Degrees	Discontinuous steps	= 0		
	Continuous	= 1		
	Unsteady (grabs, staggers)	= 0		
	Steady	= 1		
Sitting Down	Unsafe (misjudged distance, falls into chair)	= 0		
	Uses arms or not a smooth motion	= 1		
	Safe, smooth motion	= 2		
PT to calculate Balance Score			/16	/16

GAIT SECTION

Patient stands with therapist, walks across room (+/- aids), first at usual pace, then at rapid pace.

		DATE		
Indication of Gait Immed after being told to 'go'	Any hesitancy or multiple attempts	= 0		
	No hesitance	= 1		
Step Length & Height	Step to	= 0		
	Step through R	= 1		
	Step through L	= 1		
Foot Clearance	Foot drop	= 0		
	L foot clears floor	= 1		
	R foot clears floor	= 1		
Step Symmetry	Right and left step length not equal	= 0		
	Right and left step length appear equal	= 1		
Step Continuity	Stopping or discontinuing between steps	= 0		
	Steps appear continuous	= 1		
Path	Marked deviation	= 0		
	Mild/moderate deviation or uses w. aid	= 1		
	Straight without w. aid	= 2		
Trunk	Marked sway or uses w. aid	= 0		
	No sway but flex. Knees or back or uses arms for stability	= 1		
	No sway, flex., use of arms or w. aid	= 2		
Walking Time	Heals apart	= 0		
	Heals almost touching while walking	= 1		
	PT to calculate Gait Score		/12	/12
	Balance Score Carried Forward		/16	/16
	Total Score = Balance + Gait Score		/28	/28

Risk Indicators:

Tinetti Tool Score

<= 18

19-23

>= 24

Risk of Falls

High

Moderate

Low