TINETTI ASSESSMENT TOOL: BALANCE AND GAIT

Patient Name:		DOB:	

Balance

Initial Instructions: Subject is seated in a hard, armless chair. The following maneuvers are tested.

Task	Description of Balance	Possible	Score
Sitting balance	leans or slides in chair	0	
	Steady, safe	1	
Arises	Unable without help	0	
	Able, uses arms to help	1	
	Able without using arms	2	
Attempts to arise	Unable without help	0	
	Able, requires greater than 1 attempt	1	
	Able to rise, 1 attemot	2	
Immediate standing balance	Unsteady (swaggers, moves feet, trunk sway)	0	
(first 5 seconds)	Steady but uses walker or other support	1	
	Steady without walker or other support	2	
Standing Balance	Unsteady	0	
	Steady but wide BOS (heels > 4" apart) and uses other support	1	
	Narrow stance without support	2	
Nudged	Begins to fall	0	
(subject at max position with feet as close	Staggers, grabs, catches sell	1	
together as possible, examiner pushes lightly	Steady	2	
on subject's sternum with palm of hand 3 times)			
Eyes closed (at maximum position #6)	Unsteady	0	
	Steady	1	
Turning 360 degrees	Discontinuous steps	0	
	Continuous steps	1	
	Unsteady (grabs, swaggers)	0	
	Steady	1	
Sitting down	Unsafe (misjudged distance, falls into chair)	0	
	Uses arms or not a smooth motion	1	
	Safe, smooth motion	2	
		Subtotal:	

Gait

Initial Instructions: Subject stands w/examiner, walks at least 10', first at "usual" pace, then back at "rapid, but safe" pace (using usual walking aids).

Task	Description of Gait	Possible	Score
Initiation of gait	Any hesitancy or multiple attempts to start	0	
(immediately after told to "go")	No hesitancy	1	
Step length and height	Right swing foot does not pass left stance foot with step	0	
	Right foot 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	
	Left foot passes right stance foot	1	
	Left foot does not clear floor completely with step	0	
	Left foot comoletely clears floor	1	
Step symmetry	Right and left step length not equal (estimate)	0	
	RiQht and left step appear eaual	1	
Step continually	Stopping or discontinuity between steps	0	
	Steps appear continuous	1	
Path	Marked deviation	0	
(estimated in relation to floor tiles, 12" diameter;	Mild/moderate deviation or uses walking aid	1	
observe excursion of 1' over about 10' of the course)	Straight without walking aid	2	
Trunk	Marked sway or uses walking aid	0	
	No sway but flexion of knees or back, or spreads arms out	1	
	while walking		
	No sway, no flexion, no use of arms, and no use of walking aid	2	
Walking stance	Heels apart	0	
	Heels almost touching while walking	1	
Key for Scoring: Maximum score is 28	Score < 19 "High risk of falling"	**Subtotal:**	
	19-23 "Greater chance of falling, but is not "High risk"		

24-28 "low risk of falling"		Total:
Assessor: (signature/title)		**Date:**