

# TINETTI BALANCE ASSESSMENT TOOL

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

PATIENTS NAME \_\_\_\_\_ D.o.b. \_\_\_\_\_ 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 seconds)	Unsteady (staggers, 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		
	Staggers, 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		
	<b>Balance score</b>		/16	/16

P.T.O.

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## GAIT SECTION

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

		Date	
Indication of gait (Immediately after told to 'go'.)	Any hesitancy or multiple attempts No hesitancy	= 0 = 1	
Step length and height	Step to Step through R Step through L	= 0 = 1 = 1	
Foot clearance	Foot drop L foot clears floor R foot clears floor	= 0 = 1 = 1	
Step symmetry	Right and left step length not equal Right and left step length appear equal	= 0 = 1	
Step continuity	Stopping or discontinuity between steps Steps appear continuous	= 0 = 1	
Path	Marked deviation Mild/moderate deviation or uses w. aid Straight without w. aid	= 0 = 1 = 2	
Trunk	Marked sway or uses w. aid No sway but flex. knees or back or uses arms for stability No sway, flex., use of arms or w. aid	= 0 = 1 = 2	
Walking time	Heels apart Heels almost touching while walking	= 0 = 1	
	<b>Gait score</b>		/12 /12
	<b>Balance score carried forward</b>		/16 /16
	<b>Total Score = Balance + Gait score</b>		/28 /28

## Risk Indicators:

### Tinetti Tool Score

≤18

19-23

≥24

### Risk of Falls

High

Moderate

Low