

# 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;

		<b>Date</b>		
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.

		<b>Date</b>	
Indication of gait (Immediately after told to 'go'.)	Any hesitancy or multiple attempts = 0 No hesitancy = 1		
Step length and 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 discontinuity 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	Heels apart = 0 Heels almost touching while walking = 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