# ABC Scale Scoring

| Patient Information | |
| --- | --- |
| Name: | Age: |
| Date of Assessment: | Medical Diagnosis: |

| Instructions for Scoring |
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| • Rate each activity based on the patient's perceived confidence level in performing it without losing balance or falling.<br>• Use a scale from 0% (no confidence) to 100% (complete confidence).<br>• Circle or mark the appropriate score for each activity. |

| Mobile Activities | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Walking on different surfaces | | | | | | | | | | | |
| Walking up and down stairs or ramps | | | | | | | | | | | |
| Using walking aids (e.g., cane, walker) while walking | | | | | | | | | | | |
| Negotiating obstacles | | | | | | | | | | | |
| Transitioning between positions | | | | | | | | | | | |
| Functional Tasks | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| Household chores | | | | | | | | | | | |
| Recreational activities | | | | | | | | | | | |
| Community participation | | | | | | | | | | | |
| Personal care activities | | | | | | | | | | | |
| Work-related tasks | | | | | | | | | | | |

| Environmental Conditions | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Walking on slippery or uneven surfaces | | | | | | | | | | | |
| Maneuvering through crowded spaces | | | | | | | | | | | |
| Walking in challenging or unfamiliar environments | | | | | | | | | | | |
| Dealing with external factors such as weather conditions | | | | | | | | | | | |

**Total ABC Score**

Calculate the average score across all activities to determine the overall balance confidence.

**Total ABC Score:**

**Notes / Comments**