

BOOMER Test

Patient name: _____ Age: _____ Gender: _____ Date of examination: _____

Instructions: The Balance Outcome Measure for Elder Rehabilitation (BOOMER) evaluates standing balance and mobility in older adults, making it a versatile tool for elder care across different settings. It combines multiple simple tests into one efficient assessment, taking only 5-10 minutes with minimal equipment. The test includes four assessments. Record the patient's result for each, select corresponding score from 0-4, and sum the scores for all tests.

Test	Description	BOOMER scoring					Patient's result for each test	Score
		0	1	2	3	4		
Step test	One foot is repeatedly placed on top of a 7.5cm step and returned back down as many times as able in 15 seconds. The average between legs is then calculated for scoring.	Unable	0 – 5 steps	5 – 8 steps	8 – 12 steps	>12 steps		
Timed up and go (TUG)	From a seated position, the individual stands, walks 3m, turns 180°, walks 3m back to chair, and sits down with back resting against the backrest.	Unable	≥30 seconds	29 – 20 seconds	19 – 10 seconds	<10 seconds		
Functional reach (FR)	Individual reaches as far forward as possible in a standing position without losing balance.	0	1 – 15 centimeters	16 – 20 centimeters	21 – 30 centimeters	>30 centimeters		
Timed static stance	Standing with feet together and eyes closed.	Unable	0 – 30 seconds	30 – 60 seconds	60-<90 seconds	90 seconds		
Overall score								
Scale ranges from 0 (unable to perform the test) to 4 (excellent) with a maximum score of 16.								

Examiner's name: _____ Signature: _____ Date: _____

Reference: Physiopedia. (n.d.). *The balance outcome measure for elder rehabilitation (BOOMER)*. [https://www.physio-pedia.com/The_Balance_Outcome_Measure_for_Elder_Rehabilitation_\(BOOMER\)](https://www.physio-pedia.com/The_Balance_Outcome_Measure_for_Elder_Rehabilitation_(BOOMER))