Tinetti Balance and Gait Test

Patient's name: _____ Date of birth: _____ Sex: _____

Examiner's name: _____ Date of test: _____

Balance test

Make sure that the patient is seated on a sturdy armless chair.

Evaluated function	Description
Sitting balance	**0** - Leans or slides in chair
	1 - Steady, safe
Rises from chair	**0** - Unable to rise without help
	1 - Able to rise using arms to help
	2 - Able to rise without using arms to help
Attempts to rise	**0** - Unable to rise without help
	1 - Able to rise, requires more than one attempt
	2 - Able to rise, requires one attempt
Immediate standing balance (first 5 sec)	**0** - Unsteady (staggers, moves feet, trunk sways)
	1 - Steady, but uses walker or other support
	2 - Steady without walker or other support
Standing balance	**0** - Unsteady
	1 - Steady, but with wide stance and uses support
	2 - Narrow stance without support
Nudge	**0** - Begins to fall
	1 - Staggers, grabs, catches self
	2 - Steady
Nudge, eyes closed	**0** - Unsteady
	1 - Steady
Turning 360 degrees (''make a complete circle'')	**0** - Discontinuous steps
	1 - Continuous steps
	0 - Unsteady (grabs, staggers)
	1 - Steady

Sitting down	**0** - Unsafe (misjudged distance, falls into chair)
	1 - Uses arms or not a smooth motion
	2 - Safe, smooth motion
Total balance score:	_____ /16

Gait test

The patient stands with the therapist/examiner and walks across the room (+/- aids), first at the usual pace and then at a rapid pace.

Evaluated function	Description
Indication of gait (immediately after told to 'go'.)	**0** - Any hesitancy or multiple attempts
	1 - No hesitancy
Step length & height	**0** - Step to
	1 - Step through right
	1 - Step through left
Foot clearance	**0** - Foot drop
	1 - Left foot clears the floor
	1 - Right foot clears the floor
Step symmetry	**0** - Right and left step length are not equal
	1 - Right and left step length appear equal
Step continuity	**0** - Stopping of discontinuity between steps
	1 - Steps appear continuous
Path	**0** - Marked deviation
	1 - Mild/moderate deviation or uses a walking aid
	2 - Straight without a walking aid
Trunk	**0** - Marked sway or uses a walking aid
	1 - No sway, flexes knees/back/uses arms to balance
	2 - No sway, no flexion of knees or back use of arms, or walking aid
Walking time	**0** - Heels apart
	1 - Heels almost touching while walking
Total balance score:	_____ /12

Scoring and interpretation

The scoring system is based on a three-point ordinal scale, ranging from 0 to 2. A score of "0" represents the highest level of impairment, while "2" indicates full independence. To calculate the total score, add the balance and gait scores.

Total balance score = _____ /16

Total gait score = _____ /12

Total test score = _____

- 24 or above = low fall risk

- 19-23 = medium fall risk

- 18 or below = high fall risk

Tinetti, M. E., Williams, T. F., & Mayewski, R. (1986). Fall risk index for elderly patients based on number of chronic disabilities. *The American Journal of Medicine, 80*(3), 429–434. https://doi.org/10.1016/0002-9343(86)90717-5