

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	
	Balance score	/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		
	Gait score		/12	/12
Balance score carried forward			/16	/16
Total Score = Balance + Gait score			/28	/28

Risk Indicators:

Tinetti Tool Score

Risk of Falls

≤18

High

19-23

Moderate

≥24

Low



Southwest General

Partnering with



University Hospitals