



Tinetti Gait and Balance Assessment Tool

BALANCE

Instructions to Examiner

- Provide overview of what the assessment will consist of and tell them you'll "talk them through it"
- Begin with patient seated in hard, armless, stably positioned chair
- For rising and sitting, ask patient to attempt it without using their arms/hands
- Examiner stands near patient (few feet in front and slightly to the side; "spot" for safety at all times)
- Nudge test -> patient stands with feet as close together as possible; examiner presses on sternum with palm of hand (3 trials)

Domain	Evaluation Characteristics	Description of Deficit
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 sec)	Unsteady (staggers, 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 (>4 inches) or uses support	= 1
	Narrow stance without support	= 2
Nudge	Begins to fall	= 0
	Staggers, but catches self	= 1
	Steady	= 2
Nudge, eyes closed	Unsteady	= 0
	Steady	= 1
Turning 360 degrees ("make a complete circle")	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



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GAIT

Instructions to Examiner

- Examiner moves along with patient; “spot” for safety at all times
- Patient walks across room (using walking aid if customary for them) for approximately 25 feet each way.
- Provide overview of what assessment will consist of and tell patient you’ll “talk them through it”
- On way “out” ask patient to walk at usual pace; on way “back” ask patient to walk at rapid, but safe, pace.
- Instruct patient about the starting cue (go), and that they should stop if they feel unsafe

Definitions of terms used in gait assessment tool

- “Aid” is rated positive if patient is using his/her walking aid or if patient grabs at rails or furniture
- “Stance foot” is the foot that remains on the ground during gait cycle

Domain	Evaluation Characteristics	Description of Deficit
Indication of gait (Immediately after “go”)	Any hesitancy or multiple attempts = 0	
	No hesitancy = 1	
Step length and height	Right foot swing	
	Does not pass L stance foot = 0	
	Steps past L foot = 1	
	Does not clear floor = 0	
	Clears floor = 1	
	Left foot swing	
	Does not pass R stance foot = 0	
	Steps past R foot = 1	
Step symmetry	Does not clear floor = 0	
	Clears floor = 1	
Step continuity	Right and left step length not equal = 0	
	Right and left step length equal = 1	
Path	Stopping or discontinuity between steps = 0	
	Steps continuous = 1	
	Marked deviation = 0	
Trunk	Mild/moderate deviation or uses aid = 1	
	Straight without aid = 2	
	Marked sway or uses aid = 0	
Walking stance	No sway but flexed knees or back or spread arms wide = 1	
	No sway, flexion, widened arms or aid = 2	
	Heels apart = 0	
	Heels almost touching while walking = 1	
Gait score		/12
Balance score (prior page)		/16
Total Score		/28