

Department of Family Practice  
**TINETTI BALANCE AND GAIT EVALUATION**

Interviewer: \_\_\_\_\_ Date: \_\_\_\_\_

**BALANCE**

Instructions: Subject is seated in hard armless chair. The following maneuvers are tested.

1. **Sitting balance**
  - leans or slides in chair = 0
  - steady, safe = 1
  
2. **Arise**
  - unable without help = 0
  - able but uses arm to help = 1
  - able without use of arms = 2
  
3. **Attempts to arise**
  - unable without help = 0
  - able, but requires more than one attempt = 1
  - able to arise with one attempt = 2
  
4. **Immediate standing balance (first 5 seconds)**
  - unsteady (stagger, moves feet marked trunk sway steady, but uses walker or cane or grabs other object for support) = 0
  - steady without walker or cane or other support = 2
  
5. **Standing balance**
  - unsteady = 0
  - steady, but wide stance (medial heels more than 4" apart) or uses cane, walker or other support = 1
  - narrow stance without support = 2
  
6. **Nudge (subject at maximum position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times.**
  - begins to fall = 0
  - staggers, grabs, but catches self = 1
  - steady = 2
  
7. **Eyes closed (at maximum position #6)**
  - unsteady = 0
  - steady = 2
  
8. **Turn 360°**
  - discontinuous steps = 0
  - continuous = 1
  
9. **Sit down**
  - unsafe (misjudged distance; falls into chair) = 0
  - uses arms or not a smooth motion = 1
  - safe, smooth motion = 2

**BALANCE SCORE:** \_\_\_\_\_ /16