



# Tinetti Gait and Balance Test

## 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 without using their arms/hands
- Examiner stands near patient, few feet in front and slightly to the side; spot for safety at all times
- For the nudge test, the patient should stand 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 Steady, safe	= 0 = 1	_____
Rises from chair	Unable to without help Able, uses arms to help Able without use of arms	= 0 = 1 = 2	_____
Attempts to rise	Unable to without help Able, requires > 1 attempt Able to rise, 1 attempt	= 0 = 1 = 2	_____
Immediate standing balance (first 5 seconds)	Unable to without help Able, requires > 1 attempt Able to rise, 1 attempt	= 0 = 1 = 2	_____
Standing balance	Unsteady Steady but wide stance (>4 inches) or uses support Narrow stance without support	= 0 = 1 = 2	_____
Nudge	Begins to fall Staggers, but catches self Steady	= 0 = 1 = 2	_____
Nudge, eyes closed	Unsteady Steady	= 0 = 1	_____
Turning 360 degrees ("make a complete circle")	Discontinuous steps Continuous	= 0 = 1	_____
	Unsteady (grabs, staggers) Steady	= 0 = 1	_____
Sitting down	Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion	= 0 = 1 = 2	_____



# Tinetti Gait and Balance Test

## Gait

### 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

### 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

Domain	Evaluation Characteristics		Description of Deficit
Indication of gait (immediately after “go”)	Any hesitancy or multiple attempts No hesitancy	= 0 = 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	Right and left step length not equal	= 0	
	Right and left step length equal	= 1	_____
Step continuity	Stopping or discontinuity between steps	= 0	
	Steps continuous	= 1	_____
Path	Marked deviation	= 0	
	Mild/moderate deviation or uses aid	= 1	
	Straight without aid	= 2	_____
Trunk	Marked sway or uses aid	= 0	
	No sway but flexed knees or back or spread arms wide	= 1	
	No sway, flexion, widened arms, or aid	= 2	_____
Walking stance	Heels apart	= 0	
	Heels almost touching while walking	= 1	_____

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Procedure Manual



Gait score

/12

Balance score (prior page)

/16

Total score

/28

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