



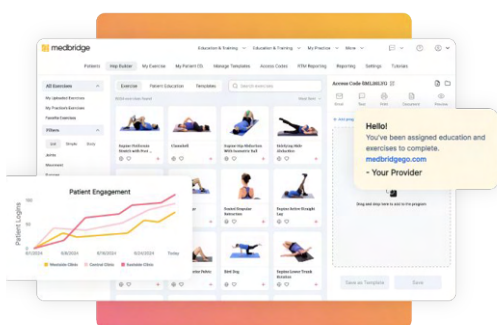
MCID Reference Guide

Test Name	MCID (if available)	Notes
Activities-specific Balance Confidence (ABC)	7–15%	A higher percentage indicates greater confidence. MCID can vary depending on the calculation method and population. A recent study suggests 18.1% as the MCID for individuals with vestibular disorders (IVD).
Berg Balance Scale (BBS)	4–8 points	A lower score indicates more significant impairment. MCID varies depending on the population (e.g., stroke, Parkinson's).
Brunel Balance Assessment (BBA)	N/A	There is no established MCID yet.
Clinical Test of Sensory Interaction on Balance (CTSIB)	2 points	A higher score indicates better performance (maximum score of 18). This MCID is based on a 7% improvement on the Sensory Organization Test (SOT), extrapolated to the CTSIB.
Community Balance and Mobility Scale (CB&M)	N/A	There is no established MCID yet.
30-Second Chair Stand Test	2–3 repetitions	A higher number of repetitions indicates better performance. This MCID is based on expert opinion and clinical experience, not published research.
Dizziness Handicap Inventory (DHI)	18 points	A higher score indicates a greater perceived handicap due to dizziness. This MCID is based on a study in individuals with vestibular disorders (IVD).
Dynamic Gait Index (DGI)	2–4 points	A lower score indicates greater impairment. MCID may vary for different populations.
Four Square Step Test (FSST)	1.6 seconds	Higher time indicates more significant impairment. This MCID is for older adults at risk for falls.
Functional Gait Assessment (FGA)	4 points	A lower score indicates more significant impairment. MCID is specific to individuals with vestibular disorders.
Fullerton Advanced Balance (FAB) Scale	3–4 points	A lower score indicates more significant impairment. This MCID is based on expert opinion and clinical experience.
Mini-BESTest	3.5–4.0 points	A lower score indicates greater impairment. MCID varies depending on the calculation method and the population (e.g., post-stroke, Parkinson's).
Performance-Oriented Mobility Assessment (POMA)	4 points	She was also known as the Tinetti test. A lower score indicates more significant impairment.
Romberg Test	N/A	There is no established MCID, as it is a qualitative test.



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Test Name	MCID (if available)	Notes
Sensory Organization Test (SOT)	7–10%	Refers to change in Equilibrium Score (ES). Lower ES indicates better balance. MCID can vary depending on the population and whether it's a composite or individual condition score. A recent study suggests 18.1% as MCID for individuals with vestibular disorders (IVD).
Sharpened Romberg Test	N/A	There is no established MCID, as it is a qualitative test.
Single Leg Stance Test (SLS)	N/A	There is no established MCID, as it can be measured in various ways (e.g., time, sway).
Tinetti Performance Oriented Mobility Assessment (POMA)	4 points	A lower score indicates more significant impairment.
Timed Up and Go (TUG)	2–3 seconds	Higher time indicates more significant impairment. MCID can vary depending on the population and clinical context.
10 Meter Walk Test (10MWT)	0.05–0.13 m/s	Gait speed. Higher speed indicates better performance. More minor changes (0.05 m/s) may be meaningful for some individuals, while more significant changes (0.13 m/s) are considered substantial.
2-Minute Walk Test (2MWT)	20–30 meters	Higher distance indicates better performance. MCID can vary depending on the population and clinical context.
6-Minute Walk Test (6MWT)	25–35 meters	Higher distance indicates better performance. MCID can vary depending on the population and clinical context.



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