



## Fullerton Advanced Balance (FAB) Scale

Name: \_\_\_\_\_ Date of Test: \_\_\_\_\_

### 1. Stand with feet together and eyes closed

*“Bring feet together, fold arms across chest, close eyes, remain steady until I tell you to open your eyes.”*

- 0 Unable to obtain the correct standing position independently
- 1 Able to obtain the correct standing position independently but unable to maintain the position or keep the eyes closed for more than 10 seconds
- 2 Able to maintain the correct standing position with eyes closed for more than 10 seconds but less than 30 seconds
- 3 Able to maintain the correct standing position with eyes closed for 30 seconds but requires close supervision
- 4 Able to maintain the correct standing position safely with eyes closed for 30 seconds

### 2. Reach forward to retrieve an object (pencil) held at shoulder height with outstretched arm (preferred arm, fingers extended, measure 10” from fingertips, hold pencil horizontally)

*“Try to lean forward and take the pencil without moving your feet” after 2-3 sec without success “its okay to move feet” and count steps.*

- 0 Unable to reach the pencil without taking more than two steps  1 Able to reach the pencil but needs to take two steps
- 2 Able to reach the pencil but needs to take one step
- 3 Can reach the pencil without moving the feet but requires supervision
- 4 Can reach the pencil safely and independently without moving the feet

### 3. Turn 360 degrees in right and left directions (can cross feet over one another, count number of steps)

*“In place, turn around in a full circle, pause, then turn around in a full circle the other direction. Do not begin the full circle in the other direction before facing me.”*

- 0 Needs manual assistance while turning
- 1 Needs close supervision or verbal cueing while turning
- 2 Able to turn 360 degrees but takes more than four steps in both directions
- 3 Able to turn 360 degrees but unable to complete in four steps or fewer in one direction
- 4 Able to turn 360 degrees safely taking four steps or fewer in both directions

### \* 4. Step up onto and over a 6-inch bench (position bench close to the wall for safety)

*“Step up onto the bench with your right foot, swing your left leg directly up and over the step, and step off the other side. Repeat in the opposite direction with your left leg leading the way.”*

- 0 Unable to step up onto bench without loss of balance or manual assistance
- 1 Steps onto bench with leading leg, but trailing leg contacts the bench or leg swings around bench during swing-through phase in both directions
- 2 Step ups onto the bench with leading leg, but trailing leg contacts the bench or swings around bench during swing-through phase in one direction
- 3 Correctly completes step up and over both directions but requires close supervision in one or both directions
- 4 Able to correctly complete step up and over in both directions safely and independently

**\*5. Tandem walk (use line on floor or put down a tape line)**

*“Walk forward along the line, placing one foot directly in front of the other so that the heel and toe are in contact on each step forward. I will tell you when to stop.”*

- ( ) 0 Unable to complete 10 steps independently
- ( ) 1 Able to complete the 10 steps with more than five interruptions ( ) 2  
Able to complete the 10 steps with three to five interruptions
- ( ) 3 Able to complete the 10 steps with one to two interruptions
- ( ) 4 Able to complete the 10 steps independently and with no interruptions

**\*6. Stand on one leg**

*“Fold your arms across your chest, lift one leg off the floor without touching your other leg, and stand with your eyes open until I ask you to put your foot down.”*

- ( ) 0 Unable to try or needs assistance to prevent falling
- ( ) 1 Able to lift leg independently but unable to maintain position for more than 5 seconds ( ) 2  
Able to lift leg independently and maintain position for more than 5 but less than 12  
seconds
- ( ) 3 Able to lift leg independently and maintain position for 12 or more seconds but less than 20  
seconds
- ( ) 4 Able to lift leg independently and maintain position for the full 20 seconds

**\*7. Stand on foam with eyes closed**

**(stop trial if eyes open, lifts arms off chest, or loss of balance. May provide assist off foam, but not on.)**

*“Step up onto the foam and stand with your feet shoulder width apart. Fold your arms over your chest and close your eyes when you are ready. I will let you know when to open your eyes.”*

- ( ) 0 Unable to step onto foam or maintain standing position independently with eyes open ( ) 1  
Able to step onto foam independently and maintain standing position but unable or  
unwilling to close eyes
- ( ) 2 Able to step onto foam independently and maintain standing position with eyes closed for 10  
seconds or less
- ( ) 3 Able to step onto foam independently and maintain standing position with eyes closed for  
more than 10 seconds but less than 20 seconds
- ( ) 4 Able to step onto foam independently and maintain standing position with eyes closed for 20  
seconds

**8. Two-footed Jump →Do not introduce test item #8 if test item #4 was not performed safely and/or it is contraindicated to perform this test item (review test administration instructions for contraindications). Score a zero and move to next test item.**

*“Jump as far BUT as safely as you can. Try to make sure that both feet leave the floor and land at the same time.”*

- ( ) 0 Unwilling/unable to attempt or attempts to initiate two-footed jump, but one or both feet do not  
leave the floor
- ( ) 1 Able to initiate two-footed jump, but one foot either leaves the floor or lands before the other
- ( ) 2 Able to perform two-footed jump, but unable to jump farther than the length of their own feet
- ( ) 3 Able to perform two-footed jump and achieve a distance greater than the length of their  
own feet
- ( ) 4 Able to perform two-footed jump and achieve a distance greater than twice the length of  
their own feet



**9. Walk with head turns**  
**(Set metronome to 90 bpm, practice head turns first.)**

*Begin turning your head to the beat of the metronome while standing in place. Start walking forward while turning your head side to side with the beat of the metronome. I will tell you when to stop.*

- ( ) 0 Unable to walk 10 steps independently while maintaining 30° head turns at an established pace
- ( ) 1 Able to walk 10 steps independently but unable to complete required number of 30° head turns at an established pace
- ( ) 2 Able to walk 10 steps but veers from a straight line while performing 30° head turns at an established pace
- ( ) 3 Able to walk 10 steps in a straight line while performing 30° head turns at an established pace but head turns less than 30° in one or both directions
- ( ) 4 Able to walk 10 steps in a straight line while performing required number of 30° head turns at established pace

**10. Reactive postural control**

**(Place hand in mid back, keep elbow extended. Quickly flex elbow releasing support but maintaining contact. Release hand while giving verbal instructions.)**

*“Slowly lean back into my hand until I ask you to stop.”*

- ( ) 0 Unable to maintain upright balance; no observable attempt to step; requires manual assistance to restore balance
- ( ) 1 Unable to maintain upright balance; takes two or more steps and requires manual assistance to restore balance
- ( ) 2 Unable to maintain upright balance; takes more than two steps but is able to restore balance independently
- ( ) 3 Unable to maintain upright balance; takes two steps but is able to restore balance independently
- ( ) 4 Unable to maintain upright balance but able to restore balance independently with only one step

**TOTAL: 40 POINTS**

**Evaluating Risk for Falls:**

**Long Form Fullerton Advanced Balance (FAB) scale Cut-Off Score:  $\leq 25/40$  Points \* =**

**Short-Form Fullerton Advanced Balance (FAB) scale (\*\*Items 4-7) Cut-Off Score:  $\leq 9/16$  Points (\*Items 4-7)**



### **Clinimetrics Fullerton Advanced Balance Scale**

- Predictive of fall status when used with independently functioning older adults
- Probability of falling increased 8% with each 1-point decrease in total score.
- A cut off score of 25/40 (sensitivity 74.6%, specificity 52.6%) in predicting faller status.
- In 7 out of 10 cases an individual scoring 25 or less is at a high risk for falls.
- Items 4-8 are significant predictors for discerning fall status
- \*Items 4-7 comprise the short FABS (sFABS)

The Fullerton Advanced Balance Scale appears to be reliable and valid test to school going children affect movement to walk over obstacles, anticipatory control, dynamic gait and reactive postural control in various directions. (Kamil et al, 2019)

Berg Balance Scale is suitable for assessing balance ability in a group of lower functioning older adults, whereas, the Fullerton Advanced Balance is suitable for assessing balance ability in a group of higher functioning older adults (Young-jung Lee et al, 2017)