

Tinetti Assessment Tool

Population:	Adult population, elderly patients																								
Description:	The Tinetti Assessment Tool is a simple, easily administered test that measures a patient's gait and balance. The test is scored on the patient's ability to perform specific tasks.																								
Mode of Administration:	The Tinetti Assessment Tool is a task performance exam.																								
Time to Complete:	10 to 15 minutes																								
Time to Score:	Time to score is included in time to complete																								
Scoring:	Scoring of the Tinetti Assessment Tool is done on a three point ordinal scale with a range of 0 to 2. A score of 0 represents the most impairment, while a 2 would represent independence of the patient. The individual scores are then combined to form three measures; an overall gait assessment score, an overall balance assessment score, and a gait and balance score.																								
Interpretation:	<p>Max Gait Score = 12 points Max Balance Score = 16 Max Total Score = 28 High Fall Risk <19, Risk for falls= 19-24 Annual Typical Change Older Adults decrease of .5 pt/year Stroke MDC = 6.0</p> <p>Older Adult Norms (Korean, Ko et al, 2009)</p> <table border="1"> <tr> <td>65-79 M</td> <td>26.2 (3.4)</td> </tr> <tr> <td>65-79 F</td> <td>25.1 (4.3)</td> </tr> <tr> <td>80+ M</td> <td>23.3 (6.0)</td> </tr> <tr> <td>80+ F</td> <td>17.2 (8.3)</td> </tr> </table> <p>Parkinson's Disease</p> <table border="1"> <thead> <tr> <th>Test</th> <th>All</th> <th>Non-Fallers</th> <th>Fallers</th> </tr> </thead> <tbody> <tr> <td>Balance</td> <td>10.9 (5.7)</td> <td>13.4 (3.9)</td> <td>7.1 (6.0)</td> </tr> <tr> <td>Gait</td> <td>8.6 (4.6)</td> <td>10.3 (3.2)</td> <td>5.8 (5.2)</td> </tr> <tr> <td>Total</td> <td>19.5 (10.2)</td> <td>23.7 (7.0)</td> <td>12.9 (11.0)</td> </tr> </tbody> </table>	65-79 M	26.2 (3.4)	65-79 F	25.1 (4.3)	80+ M	23.3 (6.0)	80+ F	17.2 (8.3)	Test	All	Non-Fallers	Fallers	Balance	10.9 (5.7)	13.4 (3.9)	7.1 (6.0)	Gait	8.6 (4.6)	10.3 (3.2)	5.8 (5.2)	Total	19.5 (10.2)	23.7 (7.0)	12.9 (11.0)
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Validity:	Adequate to Excellent (Shirley Ryan Ability Labs review (retrieved Feb 17, 2020))																								

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Balance Portion

Patient's Name: _____

Date: _____

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

Task	Description of Balance	Possible	Score
1. Sitting Balance	Leans or slides in chair Steady, safe	= 0 = 1	
2. Arises	Unable without help Able, uses arms to help Able without using arms	= 0 = 1 = 2	
3. Attempts to arise	Unable without help Able, requires > 1 attempt Able to rise, 1 attempt	= 0 = 1 = 2	
4. Immediate standing balance (first 5 seconds)	Unsteady (swaggers, moves feet, trunk sway) Steady but uses walker or other support Steady without walker or other support	= 0 = 1 = 2	
5. Standing Balance	Unsteady Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support Narrow stance without support	= 0 = 1 = 2	
6. Nudged (subject at max position with feet as close together as possible, push lightly on subject's sternum 3 times.	Begins to fall Staggers, grabs, catches self Steady	= 0 = 1 = 2	
7. Eyes closed (at maximum position #6)	Unsteady Steady	= 0 = 1	
8. Turning 360 degrees	Discontinuous steps Continuous steps Unsteady (grabs, swaggers) Steady	= 0 = 1 = 0 = 1	
9. Sitting Down	Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion	= 0 = 1 = 2	
Balance Score:			

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Initial Instructions: Subject stands with examiner, walks down hallway or across the room, first at "usual" pace, then back at "rapid, but safe" pace (using usual walking aids).

Task	Description of Gait	Possible	Score
10. Initiation of gait (immediately after told to "go")	Any hesitancy or multiple attempts to start No hesitancy	= 0 = 1	
11. Step length and height	a. Right swing foot does not pass left stance foot with step b. Right foot passes left stance foot ----- c. Right foot does not clear floor completely with step d. Right foot completely clears floor ----- e. Left swing foot does not pass right stance foot with step f. Left foot passes right stance foot ----- g. Left foot does not clear floor completely with step h. Left foot completely clears floor	= 0 = 1 ----- = 0 = 1 ----- = 0 = 1 ----- = 0 = 1	----- ----- ----- -----
12. Step Symmetry	Right and left step length not equal (estimate) Right and left step appear equal	= 0 = 1	
13. Step Continuity	Stopping or discontinuity between steps Steps appear continuous	= 0 = 1	
14. Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 feet of the course).	Marked deviation Mild/moderate deviation or uses walking aid Straight without walking aid	= 0 = 1 = 2	
15. Trunk	Marked sway or uses walking aid No sway but flexion of knees or back, or spreads arms out while walking No sway, no flexion, no use of arms, and no use of walking aid	= 0 = 1 = 2	
16. Walking Stance	Heels apart Heels almost touching while walking	= 0 = 1	
Gait Score:			
Balance + Gait Score:			