

# Scoring Form for Fullerton Advanced Balance (FAB) Scale

Name: \_\_\_\_\_

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

**1. Stand with feet together and eyes closed** \*\*\*encourage heels together even though the front of the feet aren't touching.

- |  |     |   |  |
|--|-----|---|--|
| 1. "Bring feet together, fold arms across chest, close eyes, remain steady until I instruct 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**

- |  |     |   |  |
|--|-----|---|--|
| 2. "Try to lean forward and take the pencil without moving your feet." After 2-3 sec without success: "OK to move feet" 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                  | -preferred arm, <u>extended</u> fingers.<br>-measure 10" from fingertip<br>-hold pencil horizontally |
|  | ( ) | 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)

- |   |     |   |                       |
|---|-----|---|-----------------------|
| 3. "In place, turn around in a full circle, pause, then turn around in a full circle in the opposite direction. Do not begin the full circle in the opposite direction until you are facing me" | ( ) | 0 Needs manual assistance while turning   | count number of steps |
|   | ( ) | 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 wall for safety)

- |  |     |   |  |
|--|-----|---|--|
| 4. "step up onto the bench with your right leg, swing the 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 the bench without loss of balance or manual assistance   |  |
|  | ( ) | 1 Able to step up onto the bench with leading leg, but trailing leg contacts the bench or leg swings around the bench during the swing-through phase in both directions |  |
|  | ( ) | 2 Able to step up onto the bench with leading leg, but trailing leg contacts the bench or swings around the bench during the swing-through phase in one direction       |  |
|  | ( ) | 3 Able to correctly complete the step up and over in both directions but requires close supervision in one or both directions   |  |
|  | ( ) | 4 Able to correctly complete the step up and over in both directions safely and independently   |  |

**\*\*\*allow participant second trial if unable to achieve a tandem stance within the first 2 steps. interruptions= takes one or more steps away from line OR does not achieve heel to toe position.**

**\*5. Tandem walk**

"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** (can try both legs, use best score. cross arms, do not brace legs against each other)

"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: eyes open, lifts arms off chest, or loses balance requiring assist. May provide assist off of foam.

"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 tell you 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

**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. OR has osteoporosis or has lower body pain.**

**8. Two-footed jump** (jump from two feet and land on two feet. do you feel safe and comfortable?)

"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 or 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** (metronome 100 bpm, practice head turns first, then head turns with walk)

- ( ) 0 Unable to walk 10 steps independently while maintaining 30° head turns at an established pace  
 | "Begin turning your |  
 | head to the beat of the |  
 | metronome while |  
 | standing in place. |  
 | Start walking forward |  
 | while turning your |  
 | head from side to side |  
 | with each beat of the |  
 | metronome. I will tell |  
 | you when to stop." |  
 ----- ( ) 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** (PT hand in mid back of pt., elbow extended. Quickly flex elbow releasing support. Try to release hand while giving verbal instructions.)

- ( ) 0 Unable to maintain upright balance; no observable attempt to step; requires manual assistance to restore balance  
 | "Slowly lean back into |  
 | my hand until I ask you |  
 | to stop." |  
 ----- ( ) 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: ≤ 25/40 Points**

**Short-Form Fullerton Advanced Balance (FAB) scale Cut-Off Score: ≤ 9/16 Points**

- Test-retest reliability high (p =.96)
- Intra-rater reliability for total score ranged from .97 to 1.00
- Inter-rater reliability for total score ranged from .94 to .97
- Convergent validity significant, but moderate correlation of .75 when total scores using BBS were compared with FAB

Sensitivity highest (74.6%) when using 25 on the FAB scale in predicting faller status  
 Specificity (52.6%) low (may be that adult experiencing early signs of balance and have not yet had a fall)  
 (Hernandez D, Rose DJ, 2008)

- Scoring
  - Can be confident in more than 7 out of 10 cases that older adult who scores 25 or lower is at high risk for falls and in need of immediate intervention (Hernandez D, Rose DJ, 2008)
  - Items 4 (step up over bench), 5 (tandem walk), 6 (stand on one leg), 7 (standing on foam surface with eyes closed), and 8 (2-footed jump) were significant predictor variables in discerning faller status (at cut off of 0.5)

- When used exercise specialists and other healthcare professionals who work with aging adults and were given formal training in how to administer and score the FAB, found:
  - Intra-rater reliability went from .85-.99 prior to training from .92-.99 after training
  - Inter-rater reliability went from .67-.99 prior to training from .88-.99 after training (de los Santos R, 2004)