

# Innovative Therapy Svcs.

## Tinetti Assessment Tool

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### BALANCE TEST

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

#### 1. SITTING BALANCE

- A. Leans or slides in chair.
- B. Steady, Safe.

#### 2. ARISES

- A. Unable without help.
- B. Able, uses arms to help.
- C. Able to arise without using arms.

#### 3. ATTEMPTS TO ARISE

- A. Unable without help.
- B. Able, requires more than 1 attempt.
- C. Able to arise, 1 attempt.

#### 4. IMMEDIATE STANDING BALANCE (1st 5 Seconds)

- A. Unsteady without help.
- B. Steady but uses walker or other support
- C. Steady without walker or other support.

#### 5. STANDING BALANCE

- A. Unsteady.
- B. Steady but wide stance (medial heels > 4 inches apart) & uses cane or other support.
- C. Narrow stance without support.

#### 6. NUDGED (Subject at max. position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times).

- A. Begins to fall.
- B. Staggered, grabs, catches self.
- C. Steady.

#### 7. EYES CLOSED (at maximum position # 6)

- A. Unsteady.
- B. Steady.

#### 8. TURNING 360 DEGREES

- A  A. Discontinuous steps.
- B. Continuous.
- B  A. Unsteady, grabs, staggers
- B. Steady.

#### 9. SITTING DOWN

- A. Unsafe, misjudged distance, falls into chair.
- B. Uses arms or not a smooth motion.
- C. Safe, smooth motion.

### GAIT TEST

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

#### 10. INITIATION OF GAIT (Immediately after told "go")

- A. Any hesitancy or multiple attempts to start.
- B. No hesitancy.

#### 11. STEP LENGTH & HEIGHT

- A  A. Right swing foot does not pass left stance foot.
- B. Right swing foot passes left stance foot with step.
- B  A. Right foot does not clear floor completely with step.
- B. Right foot completely clears floor.
- C  A. Left swing foot does not pass right stance foot.
- B. Left swing foot passes right stance foot with step.
- D  A. Left foot does not clear floor completely with step.
- B. Left foot completely clears floor.

#### 12. STEP SYMMETRY

- A. Right & Left step length not equal.
- B. Steps appear equal.

#### 13. STEP CONTINUITY

- A. Stopping or discontinuity between steps.
- B. Steps appear continuous.

#### 14. PATH (Estimate in relation to floor tiles, 12 inch diameter; observe excursion of 1 foot over about 10ft. of the course)

- A. Marked deviation.
- B. Mild/Moderate deviation or uses walking aid.
- C. Straight without walking aid.

#### 15. TRUNK

- A. Marked sway or uses walking aid.
- B. No sway but flexion of knees or back or spread arms out while walking.
- C. No sway, no flexion or use of arms & no walking

#### 16. WALKING STANCE

- A. Heels apart.
- B. Heels almost touching while walking.