

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.