**Tinetti:**

**1. Sitting Balance**

 0 – leans or slides in chair

 1 – steady, safe

**2. Arises**

 0 – unable without help

 1 – able, uses arms to help

 2 – able without using arms

**3. Attempts to arise**

 0 – unable without help

 1 – able to arise, > 1 attempt

 2 – able to arise with 1 attempt

**4. Immediate standing balance**

0 – unsteady (staggers, moves feet)

 1 – steady but uses walker or other support

 2 – steady without walker or other support

**5. Standing balance**

 0 –unsteady

 1 – steady but wide stance, uses support

 2 – narrow stance without support

**6. Nudged**

 0 – begins to fall

 1 – staggers, grabs, catches self

 2 – steady

**7. Eyes closed**

 0 – unsteady

 1 – steady

**8. Turning 360 degrees**

 **Steps** 0 – unsteady

 1 – steady

 **Steadiness** 0 – discontinuous

 1 – continuous

**9. Sitting down**

 0 – unsafe (misjudges distance, falls into

 chair)

 1 – uses arms or not a smooth motion

 2 – safe, smooth motion

**Total Balance score: \_\_\_\_\_\_\_\_\_**

**10. Initiation of gait**

 0 – any hesitancy or multiple attempts to

 start

 1 – no hesitancy

**11. Step length and height**

 **Right foot comparison**

 0 – R swing foot does not pass L stance foot

 1 – R swing foot passes L stance foot

 **Right foot clearance**

 0 – R foot does not clear floor

 1 – R foot clears floor completely

 **Left foot comparison**

 0 – L swing foot does not pass R stance foot

 1 – L swing foot passes R stance foot

 **Left foot clearance**

 0 – L foot does not clear floor

 1 – L foot clears floor completely

**12. Step symmetry**

 0 – R and L step length are not equal

 1 – R and L step length appear equal

**13. Step continuity**

 0 – stopping or discontinuity between steps

 1 – steps appear continuous

**14. Path**

 0 –marked deviation

 1 – mild/ moderate deviation or uses

 walking aid

 2 – straight without walking aid

**15. Trunk**

 0 – marked sway or uses walking aid

 1 – no sway but flexion of knees or back, or

 arms spread out

 2 – no sway, no flexion, no use of arms, no

 walking aid

**16. Walking stance**

 0 – heels apart

 1 – heels almost touching while walking

**Total Gait Score: \_\_\_\_\_\_\_\_\_\_**

**Total Combined Score: \_\_\_\_\_\_\_\_\_**