**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: \_\_\_\_\_\_\_\_\_**