

The Balance Outcome Measure for Elder Rehabilitation (BOOMER) Test

Patient name: _____ Age: _____ Date of examination: _____

Examiner's name: _____ Signature: _____

Instructions: The Balance Outcome Measure for Elder Rehabilitation (BOOMER) evaluates standing balance and mobility in older adults. It includes four assessments, taking only 5-10 minutes with minimal equipment. Record the patient's result for each, select the corresponding score from 0-4, and sum the scores for all tests.

Test	Description	Patient's result for each test	BOOMER scoring				
			0	1	2	3	4
Step test	One foot is repeatedly placed on top of a 7.5cm step and returned back down as many times as able in 15 sec. The average between legs is then calculated for scoring.		Unable	0–5 steps	5–8 steps	8–12 steps	>12 steps
Timed up and go (TUG)	From a seated position, individual stands, walks 3m, turns 180°, walks 3m back to chair and sits down with back resting against backrest.		Unable	≥30 seconds	<30–20 seconds	<20–10 seconds	<10 seconds
Functional reach (FR)	Individual reaches as far forward as possible in a standing position without losing balance.		0	>0–15 centimeters	>15–20 centimeters	>20–30 centimeters	>30 centimeters
Timed static stance	Standing with feet together and eyes closed.		0	>0–30 seconds	>30–60 seconds	>60–<90 seconds	90 seconds
Overall score			/16				

Scoring and interpretation

Scoring ranges from 0 to 4 for each of the four test components, where 0 indicates inability to perform and 4 reflects excellent performance. The maximum total score is 16, with higher scores indicating better balance and mobility.

Remarks

Haines, T., Kuys, S. S., Morrison, G., Clarke, J., Bew, P., & McPhail, S. (2007). *Development and validation of the balance outcome measure for elder rehabilitation*. Archives of Physical Medicine and Rehabilitation, 88(12), 1614–1621. <https://doi.org/10.1016/j.apmr.2007.09.012>