

Tinetti Balance and Gait Test

Patient's name: _____ Date of birth: _____ Sex: _____

Examiner's name: _____ Date of test: _____

Balance test

Make sure that the patient is seated on a sturdy armless chair.

| Evaluated function | Description |
|---|---|
| Sitting balance | 0 - Leans or slides in chair |
| | 1 - Steady, safe |
| Rises from chair | 0 - Unable to rise without help |
| | 1 - Able to rise using arms to help |
| | 2 - Able to rise without using arms to help |
| Attempts to rise | 0 - Unable to rise without help |
| | 1 - Able to rise, requires more than one attempt |
| | 2 - Able to rise, requires one attempt |
| Immediate standing balance (first 5 sec) | 0 - Unsteady (stagger, moves feet, trunk sways) |
| | 1 - Steady, but uses walker or other support |
| | 2 - Steady without walker or other support |
| Standing balance | 0 - Unsteady |
| | 1 - Steady, but with wide stance and uses support |
| | 2 - Narrow stance without support |
| Nudge | 0 - Begins to fall |
| | 1 - Stagger, grabs, catches self |
| | 2 - Steady |
| Nudge, eyes closed | 0 - Unsteady |
| | 1 - Steady |
| Turning 360 degrees ("make a complete circle") | 0 - Discontinuous steps |
| | 1 - Continuous steps |
| | 0 - Unsteady (grabs, stagger) |
| | 1 - Steady |

| | |
|-----------------------------|--|
| Sitting down | 0 - Unsafe (misjudged distance, falls into chair) |
| | 1 - Uses arms or not a smooth motion |
| | 2 - Safe, smooth motion |
| Total balance score: | ____ /16 |

Gait test

The patient stands with the therapist/examiner and walks across the room (+/- aids), first at the usual pace and then at a rapid pace.

| Evaluated function | Description |
|---|---|
| Indication of gait (immediately after told to 'go'.) | 0 - Any hesitancy or multiple attempts |
| | 1 - No hesitancy |
| Step length & height | 0 - Step to |
| | 1 - Step through right |
| | 1 - Step through left |
| Foot clearance | 0 - Foot drop |
| | 1 - Left foot clears the floor |
| | 1 - Right foot clears the floor |
| Step symmetry | 0 - Right and left step length are not equal |
| | 1 - Right and left step length appear equal |
| Step continuity | 0 - Stopping or discontinuity between steps |
| | 1 - Steps appear continuous |
| Path | 0 - Marked deviation |
| | 1 - Mild/moderate deviation or uses a walking aid |
| | 2 - Straight without a walking aid |
| Trunk | 0 - Marked sway or uses a walking aid |
| | 1 - No sway, flexes knees/back/uses arms to balance |
| | 2 - No sway, no flexion of knees or back use of arms, or walking aid |
| Walking time | 0 - Heels apart |
| | 1 - Heels almost touching while walking |
| Total balance score: | ____ /12 |

Scoring and interpretation

The scoring system is based on a three-point ordinal scale, ranging from 0 to 2. A score of "0" represents the highest level of impairment, while "2" indicates full independence. To calculate the total score, add the balance and gait scores.

Total balance score = _____ /16

Total gait score = _____ /12

Total test score = _____

- 24 or above = low fall risk
- 19-23 = medium fall risk
- 18 or below = high fall risk

Tinetti, M. E., Williams, T. F., & Mayewski, R. (1986). Fall risk index for elderly patients based on number of chronic disabilities. *The American Journal of Medicine*, 80(3), 429–434.
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