

BERG BALANCE POSITIONS AND TESTS

1.	SITTING TO STANDING <u>INSTRUCTIONS:</u> Please stand up. Try not to use your hands for support.		8.	REACHING FORWARD WITH OUTSTRETCHED ARM WHILE STANDING <u>INSTRUCTIONS:</u> Lift arm to 90°. Stretch out your fingers and reach forward as far as you can.	
	4	Able to stand without using hands and stabilize independently		4	Can reach forward confidently > 25 cm
	3	Able to stand independently using hands		3	Can reach forward > 12 cm
	2	Able to stand using hands after several tries		2	Can reach forward > 5 cm
	1	Needs minimal aid to stand or to stabilize		1	Reaches forward but needs supervision
	0	Needs moderate or maximal assist to stand		0	Loses balance while trying/requires external support
2.	STANDING UNSUPPORTED <u>INSTRUCTIONS:</u> Please stand for two minutes without holding.		9.	PICK UP OBJECT FROM THE FLOOR FROM A STANDING POSITION <u>INSTRUCTIONS:</u> Pick up the shoe/slipper which is placed in front of your feet.	
	4	Able to stand safely 2 minutes		4	Able to pick up slipper safely and easily
	3	Able to stand 2 minutes with supervision		3	Able to pick up slipper but needs supervision
	2	Able to stand 30 seconds unsupported		2	Unable to pick up but reaches 2-5 cm from slipper and keeps balance independently
	1	Needs several tries to stand 30 seconds unsupported		1	Unable to pick up and needs supervision while trying
	0	Unable to stand 30 seconds unassisted		0	Unable to try/needs assist to keep from losing balance or falling
3.	SITTING WITH BACK UNSUPPORTED BUT FEET SUPPORTED ON FLOOR OR ON A STOOL <u>INSTRUCTIONS:</u> Please sit with arms folded for 2 minutes.		10.	TURNING TO LOOK BEHIND OVER LEFT AND RIGHT SHOULDERS WHILE STANDING <u>INSTRUCTIONS:</u> Turn to look directly behind you over toward left shoulder. Repeat to the right.	
	4	Able to sit safely and securely for 2 minutes		4	Look behind from both sides & weight shifts well
	3	Able to sit 2 minutes under supervision		3	Looks behind 1 side, other side shows less shift
	2	Able to sit 30 seconds		2	Turns sideways only, but maintains balance
	1	Able to sit 10 seconds		1	Needs supervision when turning
	0	Unable to sit without support 10 seconds		0	Needs assist to keep from losing balance/falling
4.	STANDING TO SITTING <u>INSTRUCTIONS:</u> Please sit down.		11.	TURN 360° <u>INSTRUCTIONS:</u> Turn completely around in a full circle, pause, then turn a full circle in the other direction.	
	4	Sits safely with minimal use of hands		4	Able to turn 360° safely in 4 seconds or less
	3	Controls descent by using hands		3	Able to turn 360° safely one side in 4 sec or less
	2	Uses back of legs against chair to control descent		2	Able to turn 360° safely but slowly
	1	Sits independently but has uncontrolled descent		1	Needs close supervision or verbal cueing
	0	Needs assistance to sit		0	Needs assistance while turning
5.	TRANSFERS <u>INSTRUCTIONS:</u> Arrange chair(s) for a pivot transfer. Ask subject to transfer one way toward a seat without armrests. You may use two chairs (one with and one without armrests) or a bed and a chair.		12.	PLACING ALTERNATE FOOT ON STEP OR STOOL WHILE STANDING UNSUPPORTED <u>INSTRUCTIONS:</u> Place each foot alternately on the step stool. Continue until each foot has touched the step stool four times.	
	4	Able to transfer safely with minor use of hands		4	Able to stand alone & safely do 8 steps in 20 sec
	3	Able to transfer safely definite need of hands		3	Able to stand alone & do 8 steps > 20 sec
	2	Able to transfer with verbal cueing and/or supervision		2	Able to do 4 steps without aid, with supervision
	1	Needs one person to assist		1	Able to do > 2 steps, needs minimal assist
	0	Needs two people to assist or supervise to be safe		0	Needs assistance to keep from falling/unable to try.
6.	STANDING UNSUPPORTED WITH EYES CLOSED <u>INSTRUCTIONS:</u> Please close your eyes and stand still for 10 seconds.		13.	STANDING UNSUPPORTED ONE FOOT IN FRONT <u>INSTRUCTIONS:</u> Place one foot directly in front of the other or place foot somewhat in front of the other.	
	4	Able to stand 10 seconds safely		4	Able to place foot tandem alone and hold 30 sec.
	3	Able to stand 10 seconds with supervision		3	Able to place foot ahead of other & hold 30 sec.
	2	Able to stand 3 seconds		2	Able to take small step alone and hold 30 sec.
	1	Unable to keep eyes closed 3 seconds but stays steady		1	Needs help to step but can hold 15 sec.
	0	Needs help to keep from falling		0	Loses balance while stepping or standing
7.	STANDING UNSUPPORTED WITH FEET TOGETHER <u>INSTRUCTIONS:</u> Place your feet close together and stand without holding.		14.	STANDING ON ONE LEG <u>INSTRUCTIONS:</u> Stand on one leg as long as you can without holding.	
	4	Able to place feet together independently and stand 1 minute safely		4	Able to lift leg alone and hold > 10 sec.
	3	Able to place feet together independently and stand for 1 minute with supervision		3	Able to lift leg alone and hold 5-10 sec.
	2	Able to place feet together independently but unable to hold for 30 seconds		2	Able to lift leg alone and hold = or > 3 sec.
	1	Needs help to attain position but able to stand 15 seconds feet together		1	Tried to lift leg, unable to hold 3 sec. But remains standing alone
	0	Needs help to attain position and unable to hold for 15 seconds		0	Unable to try or needs assist to prevent fall

TOTAL SCORE _____ (56 MAXIMUM)