## BERG BALANCE POSITIONS AND TESTS

1.					
1.	INS	TING TO STANDING <u>TRUCTIONS:</u> Please stand up. Try not to use r hands for support.	8.	WH	CHING FORWARD WITH OUTSTRETCHED ARM ILDE STANDING <u>FRUCTIONS:</u> Lift arm to 90°. Stretch out your fingers
					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.	STA	ANDING UNSUPPORTED	9.	PICE	K UP OBJECT FROM THE FLOOR FROM A
	<b>INSTRUCTIONS:</b> Please stand for two minutes				NDING POSITION
		nout holding.		INST	<u><b>TRUCTIONS:</b></u> Pick up the shoe/slipper which is placed ont 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.	SIT	L TING WITH BACK UNSUPPORTED BUT	10.	TUP	NING TO LOOK BEHIND OVER LEFT AND
5.		ET SUPPORTED ON FLOOR OR ON A STOOL	10.		HT SHOULDERS WHILE STANDING
		TRUCTIONS: Please sit with arms folded for 2			<u>TRUCTIONS:</u> Turn to look directly behind you over
		utes.			rd left shoulder. Repeat to the right.
				10wa	Look behind from both sides & weight shifts well
	4	Able to sit safely and securely for 2 minutes		-	
	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.		ANDING TO SITTING	11.	TUR	RN 360°
	INS	TRUCTIONS: Please sit down.		INST	<b><u>TRUCTIONS</u></b> : Turn completely around in a full circle,
					e, 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			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
				0	
5	-	ANGEEDS	10	DI A	CINC ALTERNATE ECOT ON STED OD STOOL
5.	TRA	ANSFERS	12.		CING ALTERNATE FOOT ON STEP OR STOOL
5.	TR/ INS	TRUCTIONS: Arrange chair(s) for a pivot	12.	WH	ILE STANDING UNSUPPORTED
5.	TRA INS trans	TRUCTIONS: Arrange chair(s) for a pivot sfer. Ask subject to transfer one way toward a	12.	WHI INST	ILE STANDING UNSUPPORTED <u>TRUCTIONS:</u> Place each foot alternately on the step
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5.	TRA INS transseat with 4 3 2 1 0 STA CLC INS still 4 3 2 1 0 STA TOO INS stan	TRUCTIONS: Arrange chair(s) for a pivot   sfer. Ask subject to transfer one way toward a   without armrests. You may use two chairs (one   a and one without armrests) or a bed and a chair.   Able to transfer safely with minor use of hands   Able to transfer safely definite need of hands   Able to transfer safely definite need of hands   Able to transfer safely definite need of hands   Able to transfer with verbal cueing and/or   supervision   Needs one person to assist   Needs two people to assist or supervise to be   safe   ANDING UNSUPPORTED WITH EYES   OSED   TRUCTIONS:   Please close your eyes and stand   for 10 seconds.   Able to stand 10 seconds safely   Able to stand 3 seconds   Unable to keep eyes closed 3 seconds but stays   steady   Needs help to keep from falling   ANDING UNSUPPORTED WITH FEET   GETHER   TRUCTIONS: Place your feet close together and   d without holding.	13.	WHI INST stool four 4 3 2 1 0 STA INST other 4 3 2 1 0 STA INST with	ILE STANDING UNSUPPORTED   IRUCTIONS: Place each foot alternately on the step   I. Continue until each foot has touched the step stool times.   Able to stand alone & safely do 8 steps in 20 sec   Able to stand alone & do 8 steps > 20 sec   Able to do 4 steps without aid, with supervision   Able to do 2 steps, needs minimal assist   Needs assistance to keep from falling/unable to try.   NDING UNSUPPORTED ONE FOOT IN FRONT   IRUCTIONS: Place one foot directly in front of the   r or place foot somewhat in front of the other.   Able to place foot ahead of other & hold 30 sec.   Able to take small step alone and hold 30 sec.   Needs help to step but can hold 15 sec.   Loses balance while stepping or standing   NDING ON ONE LEG   IRUCTIONS:   Stand on one leg as long as you can out holding.
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6.	TRA INS transseat with 4 3 2 1 0 STA CLC INS still 4 3 2 1 0 STA TOO INS stan	TRUCTIONS: Ster. Ask subject to transfer one way toward a without armrests. You may use two chairs (one a and one without armrests) or a bed and a chair.Able to transfer safely with minor use of hands Able to transfer safely definite need of hands Able to transfer with verbal cueing and/or supervisionNeeds one person to assistNeeds two people to assist or supervise to be safeANDING UNSUPPORTED WITH EYES OSEDTRUCTIONS: Please close your eyes and stand for 10 seconds.Able to stand 10 seconds safely Able to stand 10 seconds with supervisionAble to stand 3 secondsUnable to keep from falling ANDING UNSUPPORTED WITH FEET GETHER TRUCTIONS: Place your feet close together and d without holding.Able to stand 10 seconds affelyAble to stand 10 seconds with supervisionAble to stand 10 seconds asfelyAble to place feet together independently and stand 1 minute safelyAble to place feet together independently and stand 1 minute safely	13.	WHI INST stool four 4 3 2 1 0 STA INST other 4 3 2 1 0 STA INST with	ILE STANDING UNSUPPORTED   IRUCTIONS: Place each foot alternately on the step   I. Continue until each foot has touched the step stool times.   Able to stand alone & safely do 8 steps in 20 sec   Able to stand alone & do 8 steps > 20 sec   Able to do 4 steps without aid, with supervision   Able to do 2 steps, needs minimal assist   Needs assistance to keep from falling/unable to try.   NDING UNSUPPORTED ONE FOOT IN FRONT   IRUCTIONS: Place one foot directly in front of the   r or place foot somewhat in front of the other.   Able to place foot ahead of other & hold 30 sec.   Able to take small step alone and hold 30 sec.   Needs help to step but can hold 15 sec.   Loses balance while stepping or standing   NDING ON ONE LEG   IRUCTIONS:   Stand on one leg as long as you can out holding.
5.	TRA INS transeat with 4 3 2 1 0 STA CLC INS still 4 3 2 1 0 STA CLC INS still 4 3 2 1 0 STA CLC INS still 4 4 3 2 4 4 4 3 4 4 4 4 4 3 4 4 4 4 4 4	TRUCTIONS:Arrange chair(s) for a pivotsfer. Ask subject to transfer one way toward awithout armrests. You may use two chairs (oneand one without armrests) or a bed and a chair.Able to transfer safely with minor use of handsAble to transfer safely definite need of handsAble to transfer safely definite need of handsAble to transfer with verbal cueing and/orsupervisionNeeds one person to assistNeeds two people to assist or supervise to besafeANDING UNSUPPORTED WITH EYESOSEDTRUCTIONS:Please close your eyes and standfor 10 seconds.Able to stand 10 seconds safelyAble to stand 3 secondsUnable to keep eyes closed 3 seconds but stayssteadyNeeds help to keep from fallingANDING UNSUPPORTED WITH FEETGETHERTRUCTIONS:Place your feet close together andd without holding.Able to place feet together independently andstand 1 minute safelyAble to place feet together independently andstand for 1 minute with supervision	13.	WHI INST stool four 4 3 2 1 0 STA INST other 4 3 2 1 0 STA INST with 4 3 3	ILE STANDING UNSUPPORTED <u>TRUCTIONS:</u> Place each foot alternately on the step   I. Continue until each foot has touched the step stool times.   Able to stand alone & safely do 8 steps in 20 sec   Able to stand alone & do 8 steps > 20 sec   Able to do 4 steps without aid, with supervision   Able to do > 2 steps, needs minimal assist   Needs assistance to keep from falling/unable to try.   NDING UNSUPPORTED ONE FOOT IN FRONT <u>RUCTIONS:</u> Place one foot directly in front of the   r or place foot somewhat in front of the other.   Able to place foot tandem alone and hold 30 sec.   Able to place foot ahead of other & hold 30 sec.   Able to take small step alone and hold 30 sec.   Needs help to step but can hold 15 sec.   Loses balance while stepping or standing   NDING ON ONE LEG <u>TRUCTIONS:</u> Stand on one leg as long as you can out holding.   Able to lift leg alone and hold > 10 sec.   Able to lift leg alone and hold 5-10 sec.
5.   6.   7.	TRA INS transeat with 4 3 2 1 0 STA CLC INS still 4 3 2 1 0 STA CLC INS still 4 3 2 1 0 STA CLC INS still 4 4 3 2 4 4 4 3 4 4 4 4 4 3 4 4 4 4 4 4	TRUCTIONS: Ster. Ask subject to transfer one way toward a without armrests. You may use two chairs (one a and one without armrests) or a bed and a chair.Able to transfer safely with minor use of hands Able to transfer safely definite need of hands Able to transfer with verbal cueing and/or supervisionNeeds one person to assistNeeds two people to assist or supervise to be safeANDING UNSUPPORTED WITH EYES OSEDTRUCTIONS: Please close your eyes and stand for 10 seconds.Able to stand 10 seconds safely Able to stand 10 seconds with supervisionAble to stand 3 secondsUnable to keep from falling ANDING UNSUPPORTED WITH FEET GETHER TRUCTIONS: Place your feet close together and d without holding.Able to stand 10 seconds affelyAble to stand 10 seconds with supervisionAble to stand 10 seconds asfelyAble to place feet together independently and stand 1 minute safelyAble to place feet together independently and stand 1 minute safely	13.	WHI INST stool four 4 3 2 1 0 STA INST other 4 3 2 1 0 STA INST with 4	ILE STANDING UNSUPPORTED   IRUCTIONS: Place each foot alternately on the step stool times.   Able to stand alone & safely do 8 steps in 20 sec   Able to stand alone & do 8 steps > 20 sec   Able to do 4 steps without aid, with supervision   Able to do > 2 steps, needs minimal assist   Needs assistance to keep from falling/unable to try.   NDING UNSUPPORTED ONE FOOT IN FRONT   IRUCTIONS:   Place one foot directly in front of the r or place foot somewhat in front of the other.   Able to place foot ahead of other & hold 30 sec.   Able to take small step alone and hold 30 sec.   Needs help to step but can hold 15 sec.   Loses balance while stepping or standing   NDING ON ONE LEG   IRUCTIONS:   Stand on one leg as long as you can out holding.
5.	TRA INS transseat with 4 3 2 1 0 STA CLC INS still 4 3 2 1 0 STA TOC INS stan 4 3	TRUCTIONS:Arrange chair(s) for a pivotsfer. Ask subject to transfer one way toward awithout armrests. You may use two chairs (oneand one without armrests) or a bed and a chair.Able to transfer safely with minor use of handsAble to transfer safely definite need of handsAble to transfer with verbal cueing and/orsupervisionNeeds one person to assistNeeds two people to assist or supervise to besafeANDING UNSUPPORTED WITH EYESOSEDTRUCTIONS:Please close your eyes and standfor 10 seconds.Able to stand 10 seconds safelyAble to stand 3 secondsUnable to keep eyes closed 3 seconds but stayssteadyNeeds help to keep from fallingANDING UNSUPPORTED WITH FEETGETHERTRUCTIONS:Place your feet close together andd without holding.Able to place feet together independently andstand 1 minute safelyAble to place feet together independently andstand for 1 minute with supervisionAble to place feet together independently butunable to hold for 30 secondsNeeds help to attain position but able to stand 15	13.	WHI INST stool four 4 3 2 1 0 STA INST other 4 3 2 1 0 STA INST with 4 3 3	ILE STANDING UNSUPPORTED <u>FRUCTIONS:</u> Place each foot alternately on the step stool times.   Able to stand alone & safely do 8 steps in 20 sec   Able to stand alone & do 8 steps > 20 sec   Able to do 4 steps without aid, with supervision   Able to do 2 steps, needs minimal assist   Needs assistance to keep from falling/unable to try.   NDING UNSUPPORTED ONE FOOT IN FRONT <u>FRUCTIONS:</u> Place one foot directly in front of the r or place foot somewhat in front of the other.   Able to place foot tandem alone and hold 30 sec.   Able to take small step alone and hold 30 sec.   Able to step but can hold 15 sec.   Loses balance while stepping or standing   NDING ON ONE LEG <u>FRUCTIONS:</u> Stand on one leg as long as you can out holding.   Able to lift leg alone and hold 5-10 sec.   Able to lift leg alone and hold = or > 3 sec.   Tried to lift leg, unable to hold 3 sec. But remains
5.	TRA INS transseat with 4 3 2 1 0 STA CLC INS still 4 3 2 1 0 STA TOO INS stan 4 3 2 2	TRUCTIONS:Arrange chair(s) for a pivotsfer. Ask subject to transfer one way toward awithout armrests. You may use two chairs (oneand one without armrests) or a bed and a chair.Able to transfer safely with minor use of handsAble to transfer safely definite need of handsAble to transfer safely definite need of handsAble to transfer with verbal cueing and/orsupervisionNeeds one person to assistNeeds two people to assist or supervise to besafeANDING UNSUPPORTED WITH EYESOSEDTRUCTIONS:Please close your eyes and standfor 10 seconds.Able to stand 10 seconds safelyAble to stand 10 seconds with supervisionAble to stand 3 secondsUnable to keep eyes closed 3 seconds but stayssteadyNeeds help to keep from fallingANDING UNSUPPORTED WITH FEETGETHERTRUCTIONS:Place your feet close together andd without holding.Able to place feet together independently andstand 1 minute safelyAble to place feet together independently andstand for 1 minute with supervisionAble to place feet together independently butunable to hold for 30 seconds	13.	WHI INST stool four 4 3 2 1 0 STA INST other 4 3 2 1 0 STA INST with 4 3 2 1 0 STA INST other 4 3 2 1 0 STA INST other 4 3 2 2 1 0 STA INST 5 0 STA 1 0 STA 1 0 STA 1 0 STA 1 0 STA 1 STA 1 0 STA 1 0 STA 1 STA 2 STA 1 STA 2 STA 1 STA 1 STA 1 STA 2 STA 1 STA 2 STA 2 STA 1 STA 1 STA 1 STA 1 STA 1 STA 1 STA 1 STA 1 STA 2 STA 2 STA 2 STA 2 STA 2 STA 2 STA 2 STA 2 STA 2 STA 2 STA 3 STA 2 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA 3 STA STA STA STA STA STA STA STA STA STA	ILE STANDING UNSUPPORTED <u>FRUCTIONS:</u> Place each foot alternately on the step stool times.   Able to stand alone & safely do 8 steps in 20 sec   Able to stand alone & do 8 steps > 20 sec   Able to do 4 steps without aid, with supervision   Able to do 2 steps, needs minimal assist   Needs assistance to keep from falling/unable to try.   NDING UNSUPPORTED ONE FOOT IN FRONT <u>FRUCTIONS:</u> Place one foot directly in front of the ro place foot somewhat in front of the other.   Able to place foot tandem alone and hold 30 sec.   Able to take small step alone and hold 30 sec.   Able to step but can hold 15 sec.   Loses balance while stepping or standing   NDING ON ONE LEG <u>FRUCTIONS:</u> Stand on one leg as long as you can out holding.   Able to lift leg alone and hold 5-10 sec.   Able to lift leg alone and hold = or > 3 sec.