

Pender Community Hospital  
Serving Burt, Currituck, Johnston and Wayne Counties

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

Patient Name \_\_\_\_\_

## BERG BALANCE SCALE

### 1. Sitting to Standing

Instructions: Please stand up. Try not to use your hands for support.

- 4 able to stand without using hands and stabilize independently
- 3 able to stand independently using hands
- 2 able to stand using hands after several tries
- 1 needs minimal aid to stand or to stabilize
- 0 needs moderate or maximal assist to stand

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### 2. Standing Unsupported

Instructions: Please stand for two minutes without holding.

- 4 able to stand safely 2 minutes
- 3 able to stand 2 minutes with supervision
- 2 able to stand 30 seconds unsupported
- 1 needs several tries to stand 30 seconds unsupported
- 0 unable to stand 30 seconds unsupported

*If a subject is able to stand 2 minutes unsupported, score full points for sitting unsupported. Proceed to item 4.*

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### 3. Sitting with Back Unsupported but Feet Supported on Floor or on a Stool

Instructions: Please sit with arms folded for 2 minutes.

- 4 able to sit safely and securely for 2 minutes
- 3 able to sit 2 minutes under supervision
- 2 able to sit 30 seconds
- 1 able to sit 10 seconds
- 0 unable to sit without support 10 seconds

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### 4. Standing to Sitting

Instructions: Please sit down.

- 4 sits safely with minimal use of hands
  - 3 controls descent by using hands
  - 2 uses back of legs against chair to control descent
  - 1 sits independently but has uncontrolled descent
  - 0 needs assistance to sit
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**5. Transfers**

Instructions: Arrange chair(s) for a pivot transfer. Ask subject to transfer one way toward a seat with armrests and one way toward a seat without armrests. You may use two chairs (one with and one without armrests) or a bed and a chair.

- 4 able to transfer safely with minor use of hands
- 3 able to transfer safely definite need of hands
- 2 able to transfer with verbal cuing and/or supervision
- 1 needs one person to assist
- 0 needs two people to assist or supervise to be safe

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**6. Standing Unsupported with Eyes Closed**

Instructions: Please close your eyes and stand still for 10 seconds.

- 4 able to stand 10 seconds safely
- 3 able to stand 10 seconds with supervision
- 2 able to stand 3 seconds
- 1 unable to keep eyes closed 3 seconds but stands safely
- 0 needs help to keep from falling

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**7. Standing Unsupported with Feet Together**

Instructions: Place your feet together and stand without holding.

- 4 able to place feet together independently and stand 1 minute safely
- 3 able to place feet together independently and stand for 1 minute with supervision
- 2 able to place feet together independently but unable to hold for 30 seconds
- 1 needs help to attain position but able to stand 15 seconds feet together
- 0 needs help to attain position and unable to stand for 15 seconds

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**8. Reaching Forward with Outstretched Arm While Standing**

Instructions: Lift arm to 90 degrees. Stretch out your fingers and reach forward as far as you can. (Examiner places a ruler at end of fingertips when arm is at 90 degrees. Fingers should not touch the ruler while reaching forward. The recorded measure is the distance forward that the fingers reach while the subject is in the most forward lean position. When possible, ask subject to use both arms when reaching to avoid rotation of the trunk.)

- 4 can reach forward confidently- 25cm (10 inches)
  - 3 can reach forward- 12cm safely (5 inches)
  - 2 can reach forward- 5cm safely (2 inches)
  - 1 reaches forward but needs supervision
  - 0 loses balance while trying/ requires external support
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**9. Pick Up Object From the Floor From a Standing Position**

Instructions: Pick up the shoe/slipper, which is placed in front of your feet.

- 4 able to pick up slipper safely and easily
- 3 able to pick up slipper but needs supervision
- 2 unable to pick up but reaches 2-5cm (1-2 inches) from slipper and keeps balance independently
- 1 unable to pick up and needs supervision while trying
- 0 unable to try/needs assist to keep from losing balance or falling

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**10. Turning to Look Behind Over Left and Right Shoulders While Standing**

Instructions: Turn to look directly behind you over toward left shoulder. Repeat to right. Examiner may pick an object to look at directly behind the subject to encourage a better twist turn.

- 4 looks behind from both sides and weight shifts well
- 3 looks behind one side only; other side shows less weight shift
- 2 turns sideways only but maintains balance
- 1 needs supervision while turning
- 0 needs assist to keep from losing balance or falling

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**11. Turn 360 Degrees**

Instructions: Turn completely around in a full circle. Pause. Then turn a full circle in the other direction.

- 4 able to turn 360 degrees safely in 4 seconds or less
- 3 able to turn 360 degrees safely one side only 4 seconds or less
- 2 able to turn 360 degrees safely but slowly
- 1 needs close supervision or verbal cuing
- 0 needs assistance while turning

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**12. Place Alternate Foot on Step or Stool While Standing Unsupported**

Instructions: Place each foot alternately on the step/stool. Continue until each foot has touched the step/stool four times.

- 4 able to stand independently and safely and complete 8 steps in 20 seconds
  - 3 able to stand independently and complete 8 steps > 20 seconds
  - 2 able to complete 4 steps without aid with supervision
  - 1 able to complete > 2 steps needs minimal assist
  - 0 needs assistance to keep from falling/unable to try
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**13. Standing Unsupported One Foot in Front**

Instructions: (DEMONSTRATE TO SUBJECT) Place one foot directly in front of the other. If you feel that you cannot place your foot directly in front, try to step far enough ahead that the heel of your forward foot is ahead of the toes of the other foot. (To score 3 points, the length of the step should exceed the length of the other foot and the width of the stance should approximate the subject's normal stride width.)

- 4 able to place foot tandem independently and hold 30 seconds
- 3 able to place foot ahead of other independently and hold 30 seconds
- 2 able to take small step independently and hold for 30 seconds
- 1 needs help to step but can hold 15 seconds
- 0 loses balance while stepping or standing

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**14. Standing on One Leg**

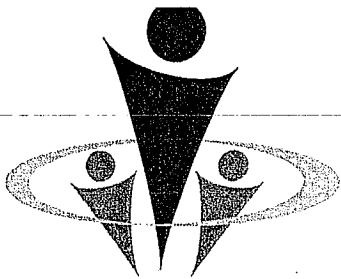
Instructions: Stand on one leg as long as you can without holding.

- 4 able to lift leg independently and hold >10 seconds
- 3 able to lift leg independently and hold 5-10 seconds
- 2 able to lift leg independently and hold  $\geq$  3 seconds
- 1 tries to lift leg unable to hold 3 seconds but remains standing independently
- 0 unable to try or needs assist to prevent fall

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- **TOTAL SCORE** out of a possible 56

<u>Score</u>	<u>Rating</u>	<u>Probable Mode of Transportation</u>
(0-20)	Poor	Wheelchair
(21-40)	Fair	Ambulatory with Assistance
(41-56)	Good	Independent



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Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

Patient Name \_\_\_\_\_

## **DYNAMIC GAIT INDEX**

### **1. Gait on Level Surface**

Instructions: Walk at your normal speed from here to the next mark (20')

Grading: Mark the lowest grade that applies

- 3 Normal- Walks 20', no assistive device, good speed, no evidence of imbalance, normal gait pattern
- 2 Mild impairment- Walks 20', uses assistive device, slower speed, mild gait deviations
- 1 Moderate impairment- Walks 20', uses assistive device slow speed, abnormal gait pattern, evidence for imbalance
- 0 Severe impairment- Cannot walk 20' without assistance, severe gait deviations or imbalance

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### **2. Change in Gait Speed**

Instructions: Begin walking at your normal pace (5'), when I tell you "go", walk as fast as you can (5'), when I tell you "slow", walk as slowly as you can (5').

Grading: Mark the lowest grade that applies

- 3 Normal- Able to smoothly change walking speed without loss of balance or gait deviation. Shows a significant difference in walking speed between normal, fast, and slow speeds.
  - 2 Mild impairment- Is able to change speed but demonstrates mild gait deviations, or no gait deviations but unable to achieve a significant difference in velocity, or uses an assistive device.
  - 1 Moderate impairment- Makes only minor adjustments to walking speed, or accomplishes a change in speed with significant deviations, or does not accomplish a significant difference in gait velocity, or accomplishes a change in speed with evidence of imbalance, but is able to recover and continue walking.
  - 0 Severe impairment- Cannot change speeds, or loses balance and has to reach for a wall or be caught.
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### 3. Gait with Horizontal Head Turns

Instructions: Begin walking at your normal pace. When I tell you "look right", keep walking straight but turn your head to the right. Keep looking to the right until I tell you "look left", then keep walking straight and turn your head to the left. Keep your head turned to the left until I tell you "look straight", then keep walking straight and return your head to the center.

Grading: Mark the lowest grade that applies

- 3 Normal- Performs head turn smoothly with no change in gait.
- 2 Mild impairment- Performs head turns smoothly but with slight change in velocity, i.e. minor disruption to smooth gait or uses an assistive device.
- 1 Moderate impairment- Performs head turns but with moderate change in gait velocity, slows down, staggers but recovers, can continue to walk.
- 0 Severe impairment- Performs task but with severe disruption of gait, i.e. staggers outside 15" path, loses balance, stops, reaches for wall.

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### 4. Gait with Vertical Head Turns

Instructions: Begin walking at your normal pace. When I tell you "look up", keep walking straight but tip your head and look up. Keep looking up until I tell you "look down", then keep walking straight and turn your head down. Keep looking down until I tell you "look straight", then keep walking straight but return your head to the center.

Grading: Mark the lowest grade that applies

- 3 Normal- Performs head turns with no change in pace.
- 2 Mild impairment- Performs task with a slight change in gait velocity, i.e. minor disruption to smooth gait path or uses an assistive device.
- 1 Moderate impairment- Performs task with moderate change in gait velocity, slows down, staggers, but recovers, can continue to walk.
- 0 Severe impairment- Performs the task with severe disruption of gait, i.e. staggers outside 15" path, loses balance, stops, reaches for wall.

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### 5. Gait and Pivot Turn

Instructions: Begin walking at your normal pace. When I tell you "turn and stop", turn as quickly as you can to face the opposite direction and stop.

Grading: Mark the lowest grade that applies

- 3 Normal- Pivot turns safely within 3 seconds and stops quickly with no loss of balance.
  - 2 Mild impairment- Pivot turns safely in >3 seconds and stops with no loss of balance
  - 1 Moderate impairment- Turns slowly, requires verbal cueing, requires several small steps to catch balance following turn and stop.
  - 0 Severe impairment- Cannot turn safely, requires assistance to turn and stop.
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### 6. Step Over Obstacle

Instructions: Begin walking at your normal speed. When you come to the shoebox, step over it, not around it, and keep walking.

Grading: Mark the lowest grade that applies

- 3 Normal- Is able to step over box without changing speed; no evidence for imbalance.
- 2 Mild impairment- Is able to step over box, but must slow down and adjust gait to clear box safely.
- 1 Moderate impairment- Is able to step over box but must stop, then step over. May require verbal cueing.
- 0 Severe impairment- Cannot perform task without assistance.

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### 7. Step Around Obstacle

Instructions: Begin walking at your normal speed. When you come to the first cone (about 6' away), walk around the right side of it. When you come to the second cone (about 6' away), walk around it to the left.

Grading: Mark the lowest grade that applies

- 3 Normal- Is able to walk around cone safely without changing gait speed; no evidence for imbalance
- 2 Mild impairment- Is able to step around both cones, but must slow down and adjust steps to clear cones.
- 1 Moderate impairment- Is able to clear cones, but must significantly slow speed to accomplish task, or requires verbal cueing.
- 0 Severe impairment- Unable to clear cones, walks into one or both cones, or requires physical assistance.

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### 8. Steps

Instructions: Walk up these stairs as you would at home (i.e. using rail if necessary). At top of the stairs, turn around and walk down.

Grading: Mark the lowest grade that applies

- 3 Normal- Alternating feet, no rail.
- 2 Mild impairment, Alternating feet, must use rail.
- 1 Moderate impairment- Two feet to a stair, must use rail.
- 0 Severe impairment- Cannot do safely.

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- **TOTAL SCORE**- out of a possible 24

Score of 19 or lower indicates risk for falling.