



## Tinetti Performance Oriented Mobility Assessment\*

**Description:**

The Tinetti Assessment Tool is an easily administered task-oriented test that measures an older adult's gait and balance abilities.

**Equipment needed:** Hard armless chair  
Stopwatch or wristwatch  
15 ft walkway

**Completion:**

**Time:** 10 - 15 minutes

**Scoring:** A three-point ordinal scale, ranging from 0-2. "0" indicates the highest level of impairment and "2" the individual's independence.  
Total Balance Score = 16  
Total Gait Score = 12  
Total Test Score = 28

**Interpretation:** 25 - 28 = low fall risk  
19 - 24 = medium fall risk  
< 19 = high fall risk

\*Tinetti ME. Performance-oriented assessment of mobility problems in elderly patients. *JAGS* 1986; 34:119-126. (Scoring description: PT Bulletin Feb. 10, 1993)



## Tinetti Performance Oriented Mobility Assessment

### Balance Tests

Initial Instructions: Subject is seated in hard, armless chair. The following maneuvers are tested.

#### 1. Sitting Balance

Leans or slides in chair	= 0	
Steady, safe	= 1	_____

#### 2. Arises

Unable without help	= 0	
Able, uses arms to help	= 1	
Able without using arms	= 2	_____

#### 3. Attempts to Arise

Unable without help	= 0	
Able, requires > 1 attempt	= 1	
Able to rise, 1 attempt	= 2	_____

#### 4. Immediate Standing Balance (first five seconds)

Unsteady (swaggers, moves feet, trunk sway)	= 0	
Steady but uses walker or other support	= 1	
Steady without walker or other support	= 2	_____

#### 5. Standing Balance

Unsteady	= 0	
Steady but wide stance (medial heels > 4" apart) and uses cane or other support	= 1	
Narrow stance without support	= 2	_____

#### 6. Nudged (subject at maximum position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times)

Begins to fall	= 0	
Staggers, grabs, catches self	= 1	
Steady	= 2	_____

#### 7. Eyes Closed (at maximum position Item 6)

Unsteady	= 0	
Steady	= 1	_____

#### 8. Turning 360 Degrees

Discontinuous steps	= 0	
Continuous steps	= 1	
Unsteady (grabs, staggers)	= 0	
Steady	= 1	_____

#### 9. Sitting Down

Unsafe (misjudged distance, falls into chair)	= 0	
Uses arms or not a smooth motion	= 1	
Safe, smooth motion	= 2	_____

Balance score: \_\_\_\_\_ /16



## Tinetti Performance Oriented Mobility Assessment

### Gait Tests

Initial Instructions: Subject stands with examiner, walks down hallway or across room, first at “usual” pace, then back at “rapid, but safe” pace (using usual walking aids)

#### 10. Initiation of Gait (immediately after told to “go”)

Any hesitancy or multiple attempts to start	= 0	
No hesitancy	= 1	_____

#### 11. Step Length and Height

a. Right swing foot		
Does not pass left stance foot with step	= 0	
Passes left stance foot	= 1	_____
Right foot does not clear floor completely with step	= 0	
Right foot completely clears floor	= 1	_____
b. Left swing foot		
Does not pass right stance foot with step	= 0	
Passes right stance foot	= 1	_____
Left foot does not clear floor completely with step	= 0	
Left foot completely clears floor	= 1	_____

#### 12. Step Symmetry

Right and left step length not equal (estimate)	= 0	
Right and left step length appear equal	= 1	_____

#### 13. Step Continuity

Stopping or discontinuity between steps	= 0	
Steps appear continuous	= 1	_____

#### 14. Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 ft. of the course)

Marked deviation	= 0	
Mild/moderate deviation or uses walking aid	= 1	
Straight without walking aid	= 2	_____

#### 15. Trunk

Marked sway or uses walking aid	= 0	
No sway but flexion of knees or back, or spreads arms out while walking	= 1	
No sway, no flexion, no use of arms, and no use of walking aid	= 2	_____

#### 16. Walking Stance

Heels apart	= 0	
Heels almost touching while walking	= 1	_____

Gait Score: \_\_\_\_\_ /12

Balance Score: \_\_\_\_\_ /16

Total Score (Gait + Balance) = \_\_\_\_\_ / 28

{> 19 high fall risk, 19 – 24 medium fall risk, 25 – 28 low fall risk}