

## **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 = 1				
		Steady, safe	- 1				
2.	Arises						
		Unable without help	=0				
		Able, uses arms to help	= 1				
		Able without using arms	= 2				
3.	Attempts to Arise						
٠.	recempts to misc	Unable without help	= 0				
		Able, requires > 1 attempt	= 1				
		Able to rise, 1 attempt	= 2				
4.	<b>Immediate Standing Balance</b>		0				
		Unsteady (swaggers, moves feet, trunk sway)	= 0				
		Steady but uses walker or other support	= 1 = 2				
		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 a	position with feet as close together as possible					
0.	• 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)						
	enuminor pushes rightly on suc	Begins to fall	=0				
		Staggers, grabs, catches self	= 1				
		Steady	= 2				
7.	Eyes Closed (at maximum pos		0				
		Unsteady	= 0				
		Steady	= 1				
8.	<b>Turning 360 Degrees</b>						
		Discontinuous steps	=0				
		Continuous steps	= 1				
		Unsteady (grabs, staggers)	=0				
		Steady	= 1				
n	Sitting Down						
9.	Sitting Down	Unsafe (misjudged distance, falls into chair)	= 0				
		Uses arms or not a smooth motion	= 0				
		Safe, smooth motion	= 2				
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**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)

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 Does not pass right stance foot = 1 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 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 apart = 0 Heels almost touching while walking = 1  Gait Score:			Total Score (Gait + Balance) = {> 19 high fall risk, 19 – 24 medium fall risk, 25 –	28 low fe	/ 28 all risk}	
Any hesitancy or multiple attempts to start					/16	
Any hesitancy or multiple attempts to start  No hesitancy  11. Step Length and Height  a. Right swing foot  Does not pass left stance foot with step  Passes left stance foot  Right foot does not clear floor completely with step  Does not pass right stance foot with step  Passes right stance foot  Does not pass right stance foot with step  Passes right stance foot  Left swing foot  Does not pass right stance foot with step  Passes right stance foot  Left foot does not clear floor completely with step  Passes right stance foot  Left foot completely clears floor  12. Step Symmetry  Right and left step length not equal (estimate)  Right and left step length appear equal  13. Step Continuity  Stopping or discontinuity between steps  Steps appear continuous  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 or uses walking aid  Straight without walking aid  Straight without walking aid  No sway but flexion of knees or back, or spreads arms out while walking  No sway, no flexion, no use of arms, and no use of walking aid  No sway, no flexion, no use of arms, and no use of walking aid  Heels apart  Heels apart					/12	
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Any hesitancy or multiple attempts to start  No hesitancy  = 1  11. Step Length and Height  a. Right swing foot  Does not pass left stance foot with step  Passes left stance foot  Right foot does not clear floor completely with step  Right foot completely clears floor  But the stance foot  Does not pass right stance foot with step  Passes right stance foot  Passes right stance foot  Any hesitancy or multiple attempts to start  = 0  = 1						
Any hesitancy or multiple attempts to start  No hesitancy  = 1  11. Step Length and Height  a. Right swing foot  Does not pass left stance foot with step  Passes left stance foot  Right foot does not clear floor completely with step  Right foot completely clears floor  B. Left swing foot  Does not pass right stance foot with step  Does not pass right stance foot with step  = 0  Right foot completely clears floor  = 1  b. Left swing foot  Does not pass right stance foot with step  = 0						
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Any hesitancy or multiple attempts to start = 0 No hesitancy = 1			Does not pass left stance foot with step			
Any hesitancy or multiple attempts to start $= 0$	11.	Step Length and Height				
10. Initiation of Gait (immediately after told to "go")	10.	Initiation of Gait (immed		= 0		