

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					
	8	Leans or slides in chair	= 0			
		Steady, Said	•			
2.	Arises					
۷.	Allises	Unable without help	– 0			
			-			
			_			
		Able without using arms	- 2			
,	A44					
3.	Attempts to Arise	TI 11 %L (1.1	0			
		Able to rise, 1 attempt	= 2			
		Unsteady (swaggers, moves feet, trunk sway) = 0 Steady but uses walker or other support = 1 Steady without walker or other support = 2 Unsteady = 0 Steady but wide stance (medial heels > 4" apart) and uses cane or other support = 1 Narrow stance without support = 2 position with feet as close together as possible, eject's sternum with palm of hand 3 times) Begins to fall = 0 Staggers, grabs, catches self = 1 Steady = 2 Steady = 0 Discontinuous steps = 0 Continuous steps = 1 Unsteady (grabs, staggers) = 0 Steady = 1 Unsafe (misjudged distance, falls into chair) = 0 Uses arms or not a smooth motion = 1				
4.	Immediate Standing Balance					
		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					
	<u> </u>	Unsteady	=0			
			= 1			
		Trairo W statico Without Support	_			
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)					
	examiner pushes lightly on suc		= 0			
			_			
		Steady	- 2			
_						
7.	Eyes Closed (at maximum pos		0			
		Steady	= 1			
_						
8.	Turning 360 Degrees					
			=0			
		Unsteady (grabs, staggers)	=0			
		Steady	= 1			
9.	Sitting Down					
	6	Unsafe (misjudged distance, falls into chair)	=0			
			-			
		Safe, smooth motion	= 2			
		oute, officent filetion	-			

Balance score: ______/16



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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 (immed		- 0		
		Any hesitancy or multiple attempts to start No hesitancy	= 0 = 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 = 1		
	b.	Right foot completely clears floor Left swing foot	- ı		
	0.	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	- I		
		of walking aid	= 2		
16.	Walking Stance				
	8	Heels apart	=0		
		Heels almost touching while walking	= 1		
		0.48		/4.0	
		Gait Score:		$\frac{12}{16}$	
		Balance Score:		/16	
		Total Score (Gait + Balance) =	201 6	/ 28	
		{> 19 high fall risk, 19 – 24 medium fall risk, 25 –	28 low fo	uu risk{	