

## **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)



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### **Balance Tests**

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

1.	Sitting Balance				
	S	Leans or slides in chair Steady, safe	= 0 = 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)				
••	Timilediate Standing Dalance	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				
<b>J.</b>	Standing Dalance	Unsteady	= 0		
		Steady but wide stance (medial heels > 4" apart)	Ü		
		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			
υ.	6. <b>Nudged</b> (subject at maximum position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times)				
	Fusing 128111, the sun	Begins to fall	=0		
		Staggers, grabs, catches self	= 1		
		Steady	= 2		
7.	Eyes Closed (at maximum position Item 6)				
	Lyes Closed (at maximum pos	Unsteady	= 0		
		Steady	= 1		
^	T. 1 460 D				
8.	Turning 360 Degrees	Discontinuous stons	= 0		
		Discontinuous steps Continuous steps	= 0 = 1		
		Unsteady (grabs, staggers)	=0		
		Steady	= 1		
^	Civil B				
9.	Sitting Down	Uncafa (misjudgad distance falls into aboin)	= 0		
		Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion	= 0 = 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)

		Total Score (Gait + Balance) = {> 19 high fall risk, 19 - 24 medium fall risk, 25 -	28 low f	/ 28 all risk}
		Balance Score:		/16
		Gait Score:		/12
		Heels almost touching while walking	= 1	
	<b>9</b>	Heels apart	= 0	
16.	Walking Stance			
		No sway, no flexion, no use of arms, and no use of walking aid	= 2	
		arms out while walking	= 1	
		Marked sway or uses walking aid No sway but flexion of knees or back, or spreads	= 0	
15.	Trunk			
		Straight without walking aid	= 2	
		Mild/moderate deviation or uses walking aid	= 0 = 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			
1.4	Deal (antimoted in maletic m			
		Stopping or discontinuity between steps Steps appear continuous	= 0 = 1	
13.	<b>Step Continuity</b>			
		Right and left step length appear equal	= 1	
12.	Step Symmetry	Right and left step length not equal (estimate)	= 0	
		Left foot completely clears floor	= 1	
		Passes right stance foot Left foot does not clear floor completely with step	= 1 = 0	
		Does not pass right stance foot with step	= 0	
	b. 1	Right foot completely clears floor Left swing foot	= 1	
		Right foot does not clear floor completely with step	= 0	
		Does not pass left stance foot with step Passes left stance foot	= 0 = 1	
11.	Step Length and Height a. 1	Right swing foot	- 0	
11	Ston I angth and Haight			
			_	
		Any hesitancy or multiple attempts to start No hesitancy	= 0 = 1	