

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	Leans or slides in chair Steady, safe	= 0 = 1	
2.	Arises	Unable without help Able, uses arms to help Able without using arms	= 0 = 1 = 2	
3.	Attempts to Arise	Unable without help Able, requires > 1 attempt Able to rise, 1 attempt	= 0 = 1 = 2	
4.	Immediate Standing Balance	(first five seconds) Unsteady (swaggers, moves feet, trunk sway) Steady but uses walker or other support Steady without walker or other support	= 0 = 1 = 2	
5.	Standing Balance	Unsteady Steady but wide stance (medial heels > 4" apart) and uses cane or other support Narrow stance without support	= 0 = 1 = 2	
6.		position with feet as close together as possible, ject's sternum with palm of hand 3 times) Begins to fall Staggers, grabs, catches self Steady	= 0 = 1 = 2	
7.	Eyes Closed (at maximum pos	ition Item 6) Unsteady Steady	= 0 = 1	
8.	Turning 360 Degrees	Discontinuous steps Continuous steps Unsteady (grabs, staggers) Steady	= 0 = 1 = 0 = 1	
9.	Sitting Down	Unsafe (misjudged distance, falls into chair) Uses arms or not a smooth motion Safe, smooth motion	= 0 = 1 = 2	

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 (immediately after told to "go")	_		
	Any hesitancy or multiple attempts to start	= 0 = 1		
	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	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		
	S			
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	= 0 = 1		
	Straight without walking aid	= 1 = 2		
	Straight without warking aid	<i>–</i> Z		
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		
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16.	Walking Stance	- 0		
	Heels apart	= 0 = 1		
	Heels almost touching while walking	- 1		
	Gait Score:		/12	
	Balance Score:		/12 /16	
	Total Score (Gait + Balance) =		/10 / 28	
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