# 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}*