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

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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	= 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

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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	
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}