

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, safe	= 1		
		Steady, Suite	•		
2.	Arises				
۷٠	Allises	Unable without help	= 0		
		Able, uses arms to help	= 1		
			= 1 = 2		
		Able without using arms	- 2		
,	A44				
3.	Attempts to Arise	TT 11 24 (1.1	0		
		Unable without help	= 0		
		Able, requires > 1 attempt	= 1		
		Able to rise, 1 attempt	= 2		
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		
		Steady but wide stance (medial heels > 4" apart)			
		and uses cane or other support	= 1		
		Narrow stance without support	= 2		
		Trailow staries 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	Begins to fall	= 0		
			= 1		
		Staggers, grabs, catches self	_		
		Steady	= 2		
_					
7.	Eyes Closed (at maximum pos		0		
		Unsteady	= 0		
		Steady	= 1		
8.	Turning 360 Degrees				
		Discontinuous steps	=0		
		Continuous steps	= 1		
		Unsteady (grabs, staggers)	=0		
		Steady	= 1		
		•			
9.	Sitting Down				
	8	Unsafe (misjudged distance, falls into chair)	=0		
		Uses arms or not a smooth motion	= 1		
		Safe, smooth motion	= 2		
		oute, smooth motion	-		

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)

6. Wal	lking Stance	No sway but flexion of knees or back, or spreads arms out while walking No sway, no flexion, no use of arms, and no use of walking aid Heels apart Heels almost touching while walking Gait Score: Balance Score: Total Score (Gait + Balance) =	= 1 = 2 = 0 = 1	/12 /16 / 28	
6. Wal	lking Stance	No sway but flexion of knees or back, or spreads arms out while walking No sway, no flexion, no use of arms, and no use of walking aid Heels apart Heels almost touching while walking	= 1 = 2 = 0		
6. Wal	lking Stance	No sway but flexion of knees or back, or spreads arms out while walking No sway, no flexion, no use of arms, and no use of walking aid Heels apart	= 1 = 2 = 0		
6. Wal	lking Stance	No sway but flexion of knees or back, or spreads arms out while walking No sway, no flexion, no use of arms, and no use of walking aid	= 1 = 2 _		
		No sway but flexion of knees or back, or spreads arms out while walking No sway, no flexion, no use of arms, and no use	= 1		
		No sway but flexion of knees or back, or spreads arms out while walking			
			Ů		
		Marked sway or uses walking aid	=0		
5. Tru	unk				
		Straight without walking aid	= 2		
		Marked deviation Mild/moderate deviation or uses walking aid	= 0 = 1		
	Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 ft. of the course)				
		Steps appear continuous	= 1		
3. Step	o Continuity	Stopping or discontinuity between steps	= 0		
		Right and left step length appear equal	= 1 _		
2. 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		
	T.	Does not pass right stance foot with step	= 0		
	1	Right foot completely clears floor	= 1		
		Passes left stance foot Right foot does not clear floor completely with step	= 1 = 0		
1. 510		n. Right swing foot Does not pass left stance foot with step	= 0		
1. Ster	o Length and Heig	ht			
		No hesitancy	= 0 = 1		
0. Initi	iation of Gait (imn		- 0		
0. Initi	i	iation of Gait (imm	iation of Gait (immediately after told to "go") Any hesitancy or multiple attempts to start No hesitancy	Any hesitancy or multiple attempts to start $= 0$	