

# **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	=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.	<b>Immediate Standing Balance</b>			
		Unsteady (swaggers, moves feet, trunk sway)	=0	
		Steady but uses walker or other support	= 1	
		Steady without walker or other support	= 2	
5.	<b>Standing Balance</b>			
		Unsteady	=0	
		Steady but wide stance (medial heels > 4" apart)		
		and uses cane or other support	= 1	
		Narrow stance without support	= 2	
6.		position with feet as close together as possible,		
	examiner pushes lightly on sub	pject's sternum with palm of hand 3 times)		
		Begins to fall	=0	
		Staggers, grabs, catches self	= 1	
		Steady	= 2	
		,	•	
7.	Eyes Closed (at maximum pos	sition 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)

Total Score (Gait + Balance) =/				
	Gait Score:		/12 /16	
	Heels almost touching while walking	= 0 = 1		
Walking Stance	т	0		
	of walking aid	= 2		
		= 1		
	No sway but flexion of knees or back, or spreads			
Trunk	Marked sway or uses walking aid	= 0		
	Suaight without walking aid	- Z		
	Mild/moderate deviation or uses walking aid	= 1 - 2		
of 1 foot over about 10 ft	t. of the course)  Marked deviation	= 0		
Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion				
	Steps appear continuous	= 1		
<b>Step Continuity</b>	Stopping or discontinuity between steps	= 0		
	Right and left step length appear equal	= 1		
Step Symmetry	Right and left step length not equal (estimate)	= 0		
	Left foot completely clears floor	= 1		
		= 1 = 0		
0.	Does not pass right stance foot with step	= 0		
1	Right foot completely clears floor	= 1		
	Passes left stance foot	= 1 = 0		
Step Length and Height a.	Right swing foot	= 0		
	No hesitancy	= 1		
	Any hesitancy or multiple attempts to start	= 0		
	b.  Step Symmetry  Step Continuity  Path (estimated in relation of 1 foot over about 10 for the standard of 1 foot over about 10 for the standard of 1 foot over about 10 for the standard	Step Length and Height  a. Right swing foot	Step Length and Height  a. Right swing foot Does not pass left stance foot with step Passes left stance foot Right foot does not clear floor completely with step Right foot completely clears floor Does not pass right stance foot with step Passes right stance foot Left swing foot Does not pass right stance foot with step Passes right stance foot Left foot does not clear floor completely with step Left foot completely clears floor  Step Symmetry Right and left step length not equal (estimate) Right and left step length appear equal  Step Continuity Stopping or discontinuity between steps Steps appear continuous  Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 ft. of the course) Marked deviation Mild/moderate deviation or uses walking aid Straight without walking aid 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  Walking Stance Heels apart Heels almost touching while walking  Gait Score: Balance Score: Balance Score:	