Berg Balance Scale

Name: _____ Date: _____

Rater's Name: _____ Location: _____

General Instructions

Please document each task and/or give instructions as written. When scoring, please record the lowest response category that applies for each item. In most items, the subject is asked to maintain a given position for a specific time. Progressively more points are deducted if:

- The time or distance requirements are not met
- The subject's performance warrants supervision
- The subject touches external support or receives assistance from the examiner

The subject should understand that they must maintain their balance while attempting the tasks. The choices of which leg to stand on or how far to reach are left to the subject. Poor judgment will adversely influence the performance and the scoring. Equipment required for testing is a stopwatch or watch with a second hand, and a ruler or other indicator of 2, 5, and 10 inches. Chairs used during testing should be a reasonable height. Either a step or a stool of average step height may be used for item # 12.

Item Description	Score				
1. Sitting to standing	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
2. Standing unsupported	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
3. Sitting unsupported	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
4. Standing to sitting	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
5. Transfers	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
6. Standing with eyes closed	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
7. Standing with feet together	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
8. Reaching forward with outstretched arm	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
9. Retrieving object from floor	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
10. Turning to look behind	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
11. Turning 360 degrees	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
12. Placing alternate foot on stool	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
13. Standing with one foot in front	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
14. Standing on one foot	◯ 0	◯ 1	◯ 2	◯ 3	◯ 4
Total Score:					

Purpose: The BBS is a performance-based assessment tool used to measure static and dynamic standing balance and functional mobility in older adults and other populations with balance deficits (e.g., stroke, multiple sclerosis, Parkinson's disease). It includes 14 functional activities, such as standing unsupported, transferring from sitting to standing, turning to look behind you, and standing on one leg.

Scoring and Interpretation: The total score ranges from 0-56. A score of < 45 indicates individuals may be at a greater risk of falling. A score of 56 suggests functional balance, and scores below 40 may indicate the need for assistance when walking.