

Tinetti POMA

Balance				
Number	Task	Score		
		2	1	0
1	Sitting Balance	0	0 Steady, safe	0 Leans or slides in chair
2	Arises	0 Able without using arms	0 Able, uses arms to help	0 Unable without help
3	Attempts to Arise	0 Able to rise, 1 attempt	0 Able, requires > 1 attempt	0 Unable without help
4	Immediate Standing First 5 sec	0 Steady without walker or other support	0 Steady but uses walker or other support	0 Unsteady (swaggers, moves feet, trunk sway)
5	Standing Balance	0 Narrow stance without support	0 Steady but wide stance (medial heels > 4 in apart) & uses cane or other support	0 Unsteady
6	Nudged (subject with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3x)	0 Begins to fall	0 Staggers, grabs, catches self	0 Begins to fall
7	Eyes Closed (at maximum position of item 6)	0	0 Steady	0 Unsteady
8	Turing 360 Degrees	0	0 Continuous steps	0 Discontinuous steps
9	Turing 360 Degrees	0	0 Steady	0 Unsteady (grabs, staggers)
10	Sitting Down	0 Safe, smooth motion	0 Uses arms or not a smooth motion	0 Unsafe (misjudged distance, falls into chair)
Column Total				
Balance Total	/16			

Gait				
Number	Task	Score		
		2	1	0
1	Initiation of Gait immediately after told to "go"	0	0 No hesitancy	0 Any hesitancy or multiple attempts to start
2	Step Length and Height Right swing foot	0	0 Passes left stance foot	0 Doesn't pass left stance foot with step
3	Step Length and Height Right swing foot	0	0 Right foot completely clears floor	0 Right foot does not clear floor completely With step
4	Step Length and Height Left swing foot	0	0 Passes right stance foot	0 Does not pass right stance foot with step
5	Step Length and Height Left swing foot	0	0 Left foot completely clears floor	0 Left foot does not clear floor completely With step
6	Step Symmetry	0	0 Right and left step length appear equal	0 Right and left step length not equal (estimate)
7	Step Continuity	0	0 Steps appear continuous	0 Stopping or discontinuity between steps
8	Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 ft. of the course)	0 Straight without walking aid	0 Mild/ moderate deviation or uses walking aid	0 Marked deviation
9	Trunk	0 No sway, no flexion, no use of arms, and no Use of walking aid	0 No sway but flexion of knees or back or Spreads arms out while walking	0 Marked sway or uses walking aid
10	Walking Stance	0	0 Heels almost touching while walking	0 Heels apart
Column Total				
Gait Total		/12		
Combined Balance and Gait Total =				

Tinetti: Performance Oriented Mobility Assessment. Geriatric Examination Toolkit. University of Missouri. School of Health Professions. Department of Physical Therapy. Last Updated: Jan. 2012. Accessed March 31, 2012.

<http://web.missouri.edu/~proste/tool/>

*adapted from Berg Balance Scale Easy-Scoring System (Ahmed Y Barhameen; Roberta A Newton, 2001)