

Berg Balance Scale

Number	Task	Score				
		4	3	2	1	0
1	Sit to Stand (Chair without armrests; standard height) Please stand up and try not to use your hands for support.	○ Able to stand independent, no hands & stable	○ Able to stand independent using hands	○ Able to stand after several attempts & uses hands	○ Needs minimal assistance to stand or stabilize	○ Needs moderate or maximal assist to stabilize
2 Time: _____	Stand unsupported Please stand for 2 minutes without holding on to anything	○ Able to stand safely for 2 minutes	○ Able to stand for 2 min with supervision	○ Able to stand w/o support for <2 min	○ Needs several tries to stand for 30 sec	○ Unable to stand unassisted for 30 sec
3 Time: _____	Sit unsupported with feet on the floor Please sit for 2 minutes without holding on to anything	○ Able to sit for 2 minutes	○ Able to sit for 2 minutes under supervision	○ Able to sit for 30 seconds	○ Able to sit for 10 seconds	○ Unable to sit for 10 seconds unsupervised
4	Stand to Sit Please sit down in the chair.	○ Sits safely with minimal use of hands	○ Controls descent using hands	○ Uses back of legs against chair to control descent	○ Sits independently but has uncontrolled descent	○ Needs assistance to sit
5	Transfers (Chair with & without armrests 45° angle) Please move from the chair you are sitting in to the other chair & return	○ Able to transfer safely; minimal use of hands	○ Able to transfer safely; definite need of hands	○ Able to transfer with verbal cueing and/or supervision	○ Needs one person assist	○ Needs two people to assist
6 Time: _____	Stand Unsupported with Eyes Closed Please close your eyes and stand still for 10 sec	○ Stands safely for 10 sec	○ Stands 10 sec with supervision	○ Able to stand for 3 sec	○ Unable to keep eyes closed 3 sec but steady	○ Needs help to keep from falling
7 Time: _____	Stand Unsupported with feet together-eyes open Place feet together and stand	○ Places feet together independently & stands 1 min safely	○ able to place feet together independently & stand 1 min with supervision	○ able to place feet together independently; unable to hold for 30 sec	○ needs help to attain position but able to stand 15 seconds feet together	○ needs help to attain position and unable to hold for 15 seconds
8 Distance: _____	Forward Reach While standing, raise your arm to shoulder height. Reach as far forward as you can without moving your feet.	○ Reaches ≥ 10 inches confidently	○ Reaches ≥5 inches safely	○ Reaches ≥ 2 inches safely	○ Reaches forward with supervision	○ Needs help to prevent falling
9	Pick up object from floor (place item on floor 6-12" in front of feet) Please pick up the object	○ Picks up object easily & safely	○ Pick up object but needs supervision	○ unable to pick up; reaches 1-2" from object; keeps balance independently	○ Unable to pick up object & needs supervision while trying	○ Unable to try/needs assistance to keep from falling
10	Turn to look behind R & L Shoulder Turn to look directly behind your L shoulder. Repeat to the R	○ looks behind from both sides & weight shifts well	○ looks behind one side only other side shows less weight shift	○ turns sideways only but maintains balance	○ needs supervision when turning	○ Needs assistance
11 Time: _____	Turn 360 Degrees Turn completely around in a circle. Pause. Then turn completely around in the other direction	○ able to turn 360 degrees safely in 4 seconds or less	○ able to turn 360 degrees safely one side only 4 seconds or less	○ able to turn 360 degrees safely but slowly	○ needs close supervision or verbal cuing	○ needs assistance while turning
12 Time: _____	Alternate placing feet on Stool Please place each foot alternately on the step for a count of 8. (Average step height)	○ Able to stand independently/safely. Completes 8 steps in 20 seconds	○ able to stand independently & complete 8 steps in > 20 seconds	○ able to complete 4 steps without aid with supervision	○ able to complete > 2 steps needs minimal assist	○ needs assistance to keep from falling/unable to try
13 Time: _____	Stand unsupported heel to toe Please place one foot directly in front of the other as close as possible and hold it	○ able to place foot tandem independently & hold 30 seconds	○ able to place foot ahead independently & hold 30 seconds	○ able to take small step independently & hold 30 seconds	○ needs help to step but can hold 15 seconds	○ loses balance while stepping or standing
14 Time: _____	Stand on one leg Please stand on one leg as long as possible without holding on to anything	○ able to lift leg independently and hold > 10 seconds	○ able to lift leg independently and hold 5-10 seconds	○ able to lift leg independently and hold 3 seconds	○ tries to lift leg unable to hold 3 sec but remains standing independently	○ unable to try of needs assist to prevent fall
Column Total						
BBS Total						

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