

BALANCE ASSESSMENT

TINETTI TEST - PERFORMANCE-ORIENTED MOBILITY ASSESSMENT (POMA)

Resident

Unit / Room:

		Visit 1	Visit 2	Visit 3	Visit 4	Visit 5
Date Test Performed:						
Balance (POMA-B):	Description / Score					
1- Sitting Balance	0= Leans/Slides; 1=Steady/Safe					
2- Rises	0=Unable alone; 1=Able with arms; 2=Able w/out arms					
3- Attempts to Rise	0=Needs help; 1=Able>1 try; 2=Able in 1 try					
4-Immediate Stand Balance	0=Unsteady; 1=Steady w/support; 2=Steady no support					
5-Standing Balance	0=Unsteady; 1=Steady with support or wide stance; 2=Narrow stance w/out support					
6-Feet Together, Nudge Sternum 3x	0=Begins to fall; 1=Staggers and catches self; 2=Steady					
7-Eyes closed, feet together	0=Unsteady; 1=Steady					
8-Turn 360 Degrees (2 points possible)	0=Discontinuous steps; 1=Continuous steps; 0=Unsteady; 1=Steady					
9-Sitting Down	0=Unsafe; 1=Uses arms or not smooth; 2=Safe, smooth					
Total Score Out of 16:						
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Gait (POMA-G):	Description / Score					
10-Initiation of Gait	0=Hesitancy or multiple attempts to start; 1=None					
11-Step Length and Height (4 points possible)	0=On swing R foot does not pass L foot stance; 1= Passes 0=On swing R foot does not clear floor; 1= R clears floor 0=On swing L foot does not pass R foot stance; 1= Passes 0=On swing L foot does not clear floor; 1= L clears floor					
12-Step Symmetry	0=R and L step not =; 1= L/R =					
13-Step Continuity	0=Stopping or discontinuous; 1= Continuous					
14-Path Deviation	0=Deviates over 1 foot off path; 1=Mild/Mod deviation or uses device; 2= Straight w/out device					
15-Trunk	0=Sway or device; 1=No sway, has flexion of trunk or knees or UE abd; 2= No sway, no flexion, no UE use and no device					
16-Walking Stance	0=Heels apart; 1= Heels almost touching while walking					
Total Score Out of 12:						
Total Balance and Gait Score Out of 28:						
Therapist Assistant						
Therapist						

< or = 18 High Fall Risk; 19-23 Moderate Fall Risk; > or = 24 Low Fall Risk