

BERG BALANCE SCALE

Compare Score 3 Dates

Date Date Date

Patient:

DOB:

Unit/Room:

	Category	Directions	Select Best Response 0,1,2,3 or 4	Score	Score	Score
1	Sitting to Standing	Stand up without using hands	4= Able w/out hands independently; 3= Able with hands independently; 2= Able w/hands >1 try; 1= Needs assist to stand/stabilize; 0= Needs mod or max assist			
2	Standing Unsupported	Stand for 2 minutes without holding on	4= Able to stand safely for 2 minutes; 3=Able to stand 2 min w/sup; 2=Able to stand 30 sec unsupported; 1=Needs>1try to stand 30 sec unsupported; 0= Unable 30 sec unsupported			
3	Sitting with No Back Support. Feet Supported	Sit with arms folded for 2 minutes	4= Able to sit safely 2 min; 3=Able to sit 2 min under sup; 2= Able to sit 30 sec; 1= Able to sit 10 sec; 0=Unable to sit w/out support 10 sec;			
4	Standing to Sitting	Sit Down	4= Sits safely with min use of hands; 3=Controls descent with hands; 2=Uses back of legs on chair; 1=Sits indep but uncontrolled; 0= Needs assist			
5	Pivot Transfers (Chair to chair or chair to bed)	Transfer 1 way to seat w/arms, and 1 way to seat w/out arms	4= Transfer safe w/minor use of hands; 3= Transfer safe needs hands; 2= Transfer w/verbal cues or sup; 1=Needs 1 assist; 0=Needs 2 assist or sup			
6	Standing Unsupported Eyes Closed	Close eyes and stand still for 10 seconds	4= Stands 10 sec safe; 3=Stand 10 sec w/sup; 2=Stands 3 sec; 1= Unable to keep eyes closed 3 sec but stands safe; 0= Needs assist			
7	Standing Unsupported Feet Together	Feet together w/out holding on	4= Can place feet together indep and stand 1 min safely; 3= Can place feet tog indep and stand 1 min w/sup; 2=Can place feet tog but unable to hold 30 sec; 1=Needs assist to attain but able to sand 15 sec tog; 0= Needs assist to attain/can't hold for 15 sec			
8	Reaching Forward with Outstretched Arm While Standing	Lift arm(s) to 90. Record distance of forward reach.	4= Can reach forward 10"; 3= Can reach 5"; 2=Can reach forward 2"; 1=Reaches but needs sup; 0=Loses balance, needs assist			
9	Pick Up Object From Floor Standing	Pick up object from floor	4= Able to pick up safely; 3= Able but needs sup; 2= Unable but reaches 1-2" from object and keeps balance; 1= Unable and needs sup; 0= Unable and needs assist			
10	Turn Look Over Shoulders Standing	Turn to look directly behind you over left shoulder. Repeat right.	4= Looks behind from both sides and weight shifts well; 3= Looks back 1 side only; 2=Turns sideways only but keeps balance; 1= Needs sup; 0= Needs assist			
11	Turn 360 Degrees	Turn completely in a full circle. Repeat other way.	4= Turn 360 safely in 4 sec or less; 3=Turn 360 safe 1 side only 4 sec or less; 2=Turn 360 but slow; 1=Needs sup or cues; 0= Needs assist			
12	Place Foot on Stool While Standing Unsupported	Place each foot alternately on step/stool. Continue until each foot touches step 4 times	4= Stand indep and safely 8 steps in 20 sec; 3= 8 steps in >20 sec; 2=Complete 4 steps w/out aid w/sup; 1=Complete >2 steps, needs min assist; 0= Needs assist to prevent fall			
13	Standing Unsupported One Foot In Front	Place 1 foot directly in front of other. If unable, step far enough so heel is ahead of toe	4= Can place foot tandem indep and hold 30 sec; 3=Can place foot ahead indep 30 sec; 2=Small step indep 30 sec; 1=Assist to step but holds 15 sec; 0=Loses balance			
14	Standing On 1 Leg	Stand on 1 leg as long as able w/out holding on	4= Lift leg indep >10 sec; 3=Lift leg indep and hold 5-10 sec; 2=Lift leg indep and hold 3+sec; 1=Tries to lift, unable to hold 3 sec but stands indep; 0= Unable			

SCORES: <45 High Fall Risk; <51 with Fall Hx= Fall Risk; <42 with No Fall Hx=Fall Risk; <40 Predicts 100% Fall Risk

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TOTAL SCORE (56 HIGHEST)