### Berg Balance Scale

**Name:** ________________________________  **Date:** __________________

**Location:** ________________________________  **Rater:** __________________

<table>
<thead>
<tr>
<th>ITEM DESCRIPTION</th>
<th>SCORE (0-4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting to standing</td>
<td></td>
</tr>
<tr>
<td>Standing unsupported</td>
<td></td>
</tr>
<tr>
<td>Sitting unsupported</td>
<td></td>
</tr>
<tr>
<td>Standing to sitting</td>
<td></td>
</tr>
<tr>
<td>Transfers</td>
<td></td>
</tr>
<tr>
<td>Standing with eyes closed</td>
<td></td>
</tr>
<tr>
<td>Standing with feet together</td>
<td></td>
</tr>
<tr>
<td>Reaching forward with outstretched arm</td>
<td></td>
</tr>
<tr>
<td>Retrieving object from floor</td>
<td></td>
</tr>
<tr>
<td>Turning to look behind</td>
<td></td>
</tr>
<tr>
<td>Turning 360 degrees</td>
<td></td>
</tr>
<tr>
<td>Placing alternate foot on stool</td>
<td></td>
</tr>
<tr>
<td>Standing with one foot in front</td>
<td></td>
</tr>
<tr>
<td>Standing on one foot</td>
<td></td>
</tr>
</tbody>
</table>

**Total** __________

### 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 an external support or receives assistance from the examiner

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.
**Functional Assessment Tool**

**Berg Balance Scale**

**Page 2 of 3**

**SITTING TO STANDING.**

**INSTRUCTIONS:** Please stand up. Try not to use your hand for support.

- 4 able to stand without using hands and stabilize independently
- 3 able to stand independently using hands
- 2 able to stand using hands after several tries
- 1 needs minimal aid to stand or stabilize
- 0 needs moderate or maximal assist to stand

**STANDING UNSUPPORTED.**

**INSTRUCTIONS:** Please stand for two minutes without holding on.

- 4 able to stand safely for 2 minutes
- 3 able to stand 2 minutes with supervision
- 2 able to stand 30 seconds unsupported
- 1 needs several tries to stand 30 seconds unsupported
- 0 unable to stand 30 seconds unsupported

If pt is able to stand 2 min unsupported, score full points for sitting unsupported. Proceed to item 4.

**SITTING WITH BACK UNSUPPORTED BUT FEET SUPPORTED ON FLOOR OR ON A STOOL**

**INSTRUCTIONS:** Please sit with arms folded for 2 minutes.

- 4 able to sit safely and securely for 2 minutes
- 3 able to sit 2 minutes under supervision
- 2 able to sit 30 seconds
- 1 able to sit 10 seconds
- 0 unable to sit without support 10 seconds

**STANDING TO SITTING**

**INSTRUCTIONS:** Please sit down.

- 4 sits safely with minimal use of hands
- 3 controls descent by using hands
- 2 uses back of legs against chair to control descent
- 1 sits independently but has uncontrolled descent
- 0 needs assist to sit

**TRANSFERS**

**INSTRUCTIONS:** Arrange chair(s) for pivot transfer. Ask subject to transfer one way toward a seat with armrests and one way toward a seat without armrests. You may use two chairs (one with and one without armrests) or a bed and a chair.

- 4 able to transfer safely with minor use of hands
- 3 able to transfer safely with definite need of hands
- 2 able to transfer with verbal cuing and/or supervision
- 1 needs one person to assist
- 0 needs two people to assist or supervise to be safe

**STANDING UNSUPPORTED WITH EYES CLOSED**

**INSTRUCTIONS:** Please close your eyes and stand still for 10 seconds.

- 4 able to stand 10 seconds safely
- 3 able to stand 10 seconds with supervision
- 2 able to stand 3 seconds
- 1 unable to keep eyes closed 3 seconds but stays safely
- 0 needs help to keep from falling

**STANDING UNSUPPORTED WITH FEET TOGETHER**

**INSTRUCTIONS:** Place your feet together and stand without holding on.

- 4 able to place feet together independently and stand 1 minute safely
- 3 able to place feet together independently and stand 1 minute with supervision
- 2 able to place feet together independently but unable to hold for 30 seconds
- 1 needs help to attain position but able to stand 15 seconds feet together
- 0 needs help to attain position and unable to hold for 15 seconds

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Patient Identifier: *1436*

Origin: 3/13
Functional Assessment Tool

Berg Balance Scale

Page 2 of 3

REACHING FORWARD WITH OUTSTRETCHED ARM WHILE STANDING
INSTRUCTIONS: Lift arm to 90 degrees. Stretch out your fingers and reach forward as far as you can. (Examiner places a ruler at the end of fingertips when arm is at 90 degrees. Fingers should not touch the ruler while reaching forward. The recorded measure is the distance forward that the fingers reach while the subject is in the most forward lean position. When possible, ask subject to use both arms when reaching to avoid rotation of the trunk.)

___  4 can reach forward confidently 25 cm (10 inches)
___  3 can reach forward 12 cm (5 inches)
___  2 can reach forward 5 cm (2 inches)
___  1 reaches forward but needs supervision
___  0 loses balance while trying/requires external support

PICK UP OBJECT FROM THE FLOOR FROM A STANDING POSITION
INSTRUCTIONS: Pick up the shoe/slipper, which is placed in front of your feet.

___  4 able to pick up slipper safely and easily
___  3 able to pick up slipper but needs supervision
___  2 unable to pick up but reaches 2-5 cm (1-2 inches) from slipper & keeps balance independently
___  1 able to pick up and needs supervision while trying
___  0 unable to try/needs assist to keep from losing balance or falling

TURNING TO LOOK BEHIND OVER LEFT AND RIGHT SHOULDERS WHILE STANDING
INSTRUCTIONS: Turn to look directly behind you over toward the L shoulder. Repeat to the R.

___  4 looks behind from both sides and weight shifts well
___  3 looks behind one side only, other side shows less weight shift
___  2 turns sideways only but maintains balance
___  1 needs supervision when turning
___  0 needs assist to keep from losing balance or falling

TURN 360 DEGREES
INSTRUCTIONS: Turn around in a full circle. Pause. Then turn a full circle in other direction.

___  4 able to turn 360 degrees safely in 4 seconds or less
___  3 able to turn 360 degrees safely one side only 4 seconds or less
___  2 able to turn 360 degrees safely but slowly
___  1 needs close supervision or verbal cuing
___  0 needs assistance while turning

PLACE ALTERNATE FOOT ON STEP OR STOOL WHILE STANDING UNSUPPORTED
INSTRUCTIONS: Place each foot alternately on the step. Continue until each foot touches 4x.

___  4 able to stand independently and safely and complete 8 steps in 20 seconds
___  3 able to stand independently and complete 8 steps in > 20 seconds
___  2 able to complete 4 steps without aid, with supervision
___  1 able to complete > 2 steps, needs minimal assist
___  0 needs assistance to keep from falling/unable to try

STANDING UNSUPPORTED ONE FOOT IN FRONT
INSTRUCTIONS: (DEMONSTRATE TO PT) Place 1 foot directly in front of the other. If you feel that you cannot place your foot directly in front, try to step far enough ahead that the heel of your forward foot is ahead of the toes of the other foot. (To score 3 points, the length of the step should exceed the length of the other foot & the width of the stance should approximate the pt’s normal stride width.)

___  4 able to place foot tandem independently and hold 30 seconds
___  3 able to place foot ahead independently and hold 30 seconds
___  2 able to take small step independently and hold 30 seconds
___  1 needs help to step but can hold 15 seconds
___  0 loses balance while stepping or standing

STANDING ON ONE LEG
INSTRUCTIONS: Stand on one leg as long as you can without holding on.

___  4 able to lift leg independently and hold > 10 seconds
___  3 able to lift leg independently and hold 5-10 seconds
___  2 able to lift leg independently and hold ≥ 3 seconds
___  1 tries to lift leg, unable to hold 3 seconds but remains standing independently
___  0 unable to try or needs assist to prevent fall

Patient Identifier

Origin: 3/13