

**Form 3.4**

Score Sheet for Fullerton Advanced Balance Scale

Name: _____ Date of test: _____

1. Stand with feet together and eyes closed

- ☐ 0 Unable to obtain the correct standing position independently
- ☐ 1 Able to obtain the correct standing position independently but unable to maintain the position or keep the eyes closed for more than 10 seconds
- ☐ 2 Able to maintain the correct standing position with eyes closed for more than 10 seconds but less than 30 seconds
- ☐ 3 Able to maintain the correct standing position with eyes closed for 30 seconds but requires close supervision
- ☐ 4 Able to maintain the correct standing position safely with eyes closed for 30 seconds

2. Reach forward with outstretched arm to retrieve an object (pencil) held at shoulder height

- ☐ 0 Unable to reach the pencil without taking more than two steps
- ☐ 1 Able to reach the pencil but needs to take two steps
- ☐ 2 Able to reach the pencil but needs to take one step
- ☐ 3 Can reach the pencil without moving the feet but requires supervision
- ☐ 4 Can reach the pencil safely and independently without moving the feet

3. Turn 360 degrees in right and left directions

- ☐ 0 Needs manual assistance while turning
- ☐ 1 Needs close supervision or verbal cuing while turning
- ☐ 2 Able to turn 360 degrees but takes more than four steps in both directions
- ☐ 3 Able to turn 360 degrees but unable to complete in four steps or fewer in one direction
- ☐ 4 Able to turn 360 degrees safely taking four steps or fewer in both directions

4. Step up onto and over a 6-inch (15 cm) bench

- ☐ 0 Unable to step up onto the bench without loss of balance or manual assistance
- ☐ 1 Able to step up onto the bench with leading leg but trailing leg contacts the bench or swings around the bench during the swing-through phase in both directions
- ☐ 2 Able to step up onto the bench with leading leg but trailing leg contacts the bench or swings around the bench during the swing-through phase in one direction
- ☐ 3 Able to correctly complete the step up and over in both directions but requires close supervision in one or both directions
- ☐ 4 Able to correctly complete the step up and over in both directions safely and independently

(continued)

5. Tandem walk

- ☐ 0 Unable to complete 10 steps independently
- ☐ 1 Able to complete the 10 steps with more than five interruptions
- ☐ 2 Able to complete the 10 steps with three to five interruptions
- ☐ 3 Able to complete the 10 steps with one or two interruptions
- ☐ 4 Able to complete the 10 steps independently and with no interruptions

6. Stand on one leg

- ☐ 0 Unable to try or needs assistance to prevent falling
- ☐ 1 Able to lift leg independently but unable to maintain position for more than 5 seconds
- ☐ 2 Able to lift leg independently and maintain position for more than 5 but less than 12 seconds
- ☐ 3 Able to lift leg independently and maintain position for more than 12 but less than 20 seconds
- ☐ 4 Able to lift leg independently and maintain position for the full 20 seconds

7. Stand on foam with eyes closed

- ☐ 0 Unable to step onto foam or maintain standing position independently with eyes open
- ☐ 1 Able to step onto foam independently and maintain standing position but unable or unwilling to close the eyes
- ☐ 2 Able to step onto foam independently and maintain standing position with eyes closed for 10 seconds or less
- ☐ 3 Able to step onto foam independently and maintain standing position with eyes closed for more than 10 seconds but less than 20 seconds
- ☐ 4 Able to step onto foam independently and maintain standing position with eyes closed for 20 seconds

Do not perform test item 8 if score is 2 or lower on test item 4. Also do not introduce test item 8 if test item 4 was not performed safely and/or it is contraindicated to perform this test-item (review test administration instructions for contraindications). Give test item 8 a score of 0 and proceed to test item 9.

8. Jump with both feet

- ☐ 0 Unable to attempt jump or attempts to initiate jump but one or both feet do not leave the floor
- ☐ 1 Able to initiate jump with both feet but one foot either leaves the floor or lands before the other
- ☐ 2 Able to perform jump with both feet but unable to jump farther than the length of feet
- ☐ 3 Able to perform jump with both feet and achieve a distance greater than the length of feet
- ☐ 4 Able to perform jump with both feet and achieve a distance greater than twice the length of feet

9. Walk with head turns

- ☐ 0 Unable to walk 10 steps independently while maintaining 30-degree head turns at an established pace
- ☐ 1 Able to walk 10 steps independently but unable to complete required number of 30-degree head turns at an established pace
- ☐ 2 Able to walk 10 steps but veers from a straight line while performing 30-degree head turns at an established pace
- ☐ 3 Able to walk 10 steps in a straight line while performing 30-degree head turns at an established pace but head turns less than 30 degrees in one or both directions
- ☐ 4 Able to walk 10 steps in a straight line while performing required number of 30-degree head turns at established pace

10. Demonstrate reactive postural control

- ☐ 0 Unable to maintain upright balance; makes no observable attempt to step; requires manual assistance to restore balance
- ☐ 1 Unable to maintain upright balance; takes two or more steps and requires manual assistance to restore balance
- ☐ 2 Unable to maintain upright balance; takes more than two steps but is able to restore balance independently
- ☐ 3 Unable to maintain upright balance; takes two steps but is able to restore balance independently
- ☐ 4 Unable to maintain upright balance but able to restore balance independently with only one step