

**Form 3.5**

## Score Sheet for Berg Balance Scale

Name: \_\_\_\_\_ Date of test: \_\_\_\_\_

### 1. Sit to stand

Instructions: Please stand up. Try not to use your hands for support.

Grading: Mark the lowest category that applies.

- ☐ 0 Needs moderate or maximal assistance to stand
- ☐ 1 Needs minimal assistance to stand or to stabilize
- ☐ 2 Able to stand using hands after several tries
- ☐ 3 Able to stand independently using hands
- ☐ 4 Able to stand with no hands and stabilize independently

### 2. Stand unsupported

Instructions: Please stand for 2 minutes without holding onto anything.

Grading: Mark the lowest category that applies.

- ☐ 0 Unable to stand 30 seconds unassisted
- ☐ 1 Needs several tries to stand 30 seconds unsupported
- ☐ 2 Able to stand 30 seconds unsupported
- ☐ 3 Able to stand 2 minutes with supervision
- ☐ 4 Able to stand safely for 2 minutes

If person is able to stand 2 minutes safely, score full points for sitting unsupported (item 3) and proceed to item 4.

### 3. Sit with back unsupported with feet on floor or on stool

Instructions: Sit with arms folded for 2 minutes.

Grading: Mark the lowest category that applies.

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

#### 4. Stand to sit

Instructions: Please sit down.

Grading: Mark the lowest category that applies.

- ☐ 0 Needs assistance to sit
- ☐ 1 Sits independently but has uncontrolled descent
- ☐ 2 Uses backs of legs against chair to control descent
- ☐ 3 Controls descent by using hands
- ☐ 4 Sits safely with minimal use of hands

#### 5. Transfer

Instructions: Please move from chair to chair and back again. (Person moves one way toward a seat with armrests and one way toward a seat without armrests. Arrange chairs for pivot transfer.)

Grading: Mark the lowest category that applies.

- ☐ 0 Needs two people to assist or supervise to be safe
- ☐ 1 Needs one person to assist
- ☐ 2 Able to transfer with verbal cuing or supervision
- ☐ 3 Able to transfer safely with definite use of hands
- ☐ 4 Able to transfer safely with minor use of hands

#### 6. Stand unsupported with eyes closed

Instructions: Close your eyes and stand still for 10 seconds.

Grading: Mark the lowest category that applies.

- ☐ 0 Needs help to keep from falling
- ☐ 1 Unable to keep eyes closed for 3 seconds but remains steady
- ☐ 2 Able to stand for 3 seconds
- ☐ 3 Able to stand for 10 seconds with supervision
- ☐ 4 Able to stand for 10 seconds safely

#### 7. Stand unsupported with feet together

Instructions: Place your feet together and stand without holding onto anything.

Grading: Mark the lowest category that applies.

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

(continued)

The following items are to be performed while standing unsupported.

8. Reach forward with outstretched arm

Instructions: Lift your arm to 90 degrees. Stretch out your fingers and reach forward as far as you can. (Place a ruler at the end of the fingertips when the 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 participant is leaning forward as much as possible.)

Grading: Mark the lowest category that applies.

- ☐ 0 Needs help to keep from falling
- ☐ 1 Reaches forward but needs supervision
- ☐ 2 Can reach forward more than 2 inches (5 cm) safely
- ☐ 3 Can reach forward more than 5 inches (13 cm) safely
- ☐ 4 Can reach forward confidently more than 10 inches (25 cm)

9. Pick up object from the floor from a standing position

Instructions: Please pick up the slipper that is placed in front of your feet.

Grading: Mark the lowest category that applies.

- ☐ 0 Unable to try or needs assistance to keep from losing balance or falling
- ☐ 1 Unable to pick up shoe and needs supervision while trying
- ☐ 2 Unable to pick up shoe but comes within 1 to 2 inches (2.5-5 cm) and maintains balance independently
- ☐ 3 Able to pick up shoe but needs supervision
- ☐ 4 Able to pick up shoe safely and easily

10. Turn to look over left and right shoulders while standing

Instructions: Turn your upper body to look directly over your left shoulder. Now try turning to look over your right shoulder.

Grading: Mark the lowest category that applies.

- ☐ 0 Needs assistance to keep from falling
- ☐ 1 Needs supervision when turning
- ☐ 2 Turns sideways only but maintains balance
- ☐ 3 Looks behind one side only; other side shows less weight shift
- ☐ 4 Looks behind from both sides and weight shifts well

11. Turn 360 degrees

Instructions: Turn completely in a full circle. Pause, then turn in a full circle in the other direction.

Grading: Mark the lowest category that applies.

- ☐ 0 Needs assistance while turning
- ☐ 1 Needs close supervision or verbal cuing
- ☐ 2 Able to turn 360 degrees safely but slowly
- ☐ 3 Able to turn 360 degrees safely to one side in less than 4 seconds
- ☐ 4 Able to turn 360 degrees safely to each side in less than 4 seconds

12. Alternate placing left or right foot on bench or stool while standing unsupported

Instructions: Place feet on the bench (or stool) one at a time, alternating feet. Continue until each foot touches the bench (or stool) four times. (Recommend use of 6-inch, or 15 cm, bench.)

Grading: Mark the lowest category that applies.

- ☐ 0 Needs assistance to keep from falling or is unable to try
- ☐ 1 Able to complete fewer than two steps, needs minimal assistance
- ☐ 2 Able to complete four steps without assistance but with supervision
- ☐ 3 Able to stand independently and complete eight steps in more than 20 seconds
- ☐ 4 Able to stand independently and complete eight steps in less than 20 seconds

13. Stand unsupported with one foot in front

Instructions: Place one foot directly in front of the other. If you feel that you can't 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. (Demonstrate this test item.)

Grading: Mark the lowest category that applies.

- ☐ 0 Loses balance while stepping or standing
- ☐ 1 Needs help to step but can hold for 15 seconds
- ☐ 2 Able to take small step independently and hold for 30 seconds
- ☐ 3 Able to place one foot ahead of the other independently and hold for 30 seconds
- ☐ 4 Able to place feet in tandem position independently and hold for 30 seconds

14. Stand on one leg

Instructions: Please stand on one leg as long as you can without holding onto anything.

Grading: Mark the lowest category that applies.

- ☐ 0 Unable to try or needs assistance to prevent fall
- ☐ 1 Tries to lift leg and is unable to hold 3 seconds but remains standing independently
- ☐ 2 Able to lift leg independently and hold for up to 3 seconds
- ☐ 3 Able to lift leg independently and hold for 5 to 10 seconds
- ☐ 4 Able to lift leg independently and hold for more than 10 seconds

**Total score**    /56