



BERG BALANCE SCALE

Name: _____ Date: _____

1. _____ Sit Unsupported

- 4 = able to sit safely 2 minutes
- 3 = able to sit 2 minutes with supervision
- 2 = able to sit 30 seconds
- 1 = able to sit 10 seconds
- 0 = unable to sit without support for 10 seconds

2. _____ Sit To Stand

- 4 = able to stand, stabilize indep, w/out hands
- 3 = able to stand independently using hands
- 2 = able to stand using hands, more than 1 try
- 1 = minimal assist to stand or stabilize
- 0 = moderate to maximal assist to stand

3. _____ Stand Unsupported

- 4 = able to stand safely 2 minutes
- 3 = able to stand 2 minutes with supervision
- 2 = able to stand 30 seconds unsupported
- 1 = able to stand 30 seconds after several trials
- 0 = requires assist to stand 30 seconds

4. _____ Stand With Eyes Closed

- 4 = stand safely 10 seconds
- 3 = stand 10 seconds with supervision
- 2 = stand 3 seconds
- 1 = able to stand < 3 seconds
- 0 = cannot perform

5. _____ Stand To Sit

- 4 = sit safely with minimal use of hands
- 3 = controls descent with use of hands
- 2 = uses back of legs against chair to control descent
- 1 = sits indep but has uncontrolled descent
- 0 = cannot perform

6. _____ Transfers

- 4 = able to transfer safely, minor use of hands
- 3 = able to transfer safely, must use hands
- 2 = able to transfer with verbal cues or supervision
- 1 = one person assist
- 0 = two person assist

7. _____ Stand With Feet Together

- 4 = able to place feet together, stand 1 minute
- 3 = as above but requires supervision
- 2 = able to place feet together, stand 30 seconds
- 1 = needs help to assume position, stand 15 seconds
- 0 = cannot perform

8. _____ Forward Reach

- 4 = can reach forward confidently > 10 inches
- 3 = can reach forward safely > 5 inches
- 2 = can reach forward safely > 2 inches
- 1 = can reach forward with supervision
- 0 = needs help to prevent fall

9. _____ Retrieve Object From Floor

- 4 = able to pick up object and stand safely
- 3 = picks up object but requires supervision
- 2 = unable to retrieve within 2 inches safely
- 1 = unable to retrieve while trying with supervision
- 0 = cannot perform

10. _____ Turn To Look Behind

- 4 = looks behind both sides, good weight shift
- 3 = looks behind one side only
- 2 = turns sideways only, maintains balance
- 1 = needs supervision while turning
- 0 = needs assistance to prevent fall

11. _____ Turn 360 Degrees

- 4 = able to turn safely in < 4 seconds, left and right
- 3 = able to turn safely in < 4 seconds, one direction
- 2 = able to turn safely in > 4 seconds
- 1 = needs close supervision or verbal cues
- 0 = cannot perform

12. _____ Alternating Stool Touch

- 4 = safely completes 8 steps in 20 seconds
- 3 = safely completes 8 steps in > 20 seconds
- 2 = safely completes 4 steps
- 1 = completes 2 steps with supervision or min assist
- 0 = cannot perform

13. _____ Tandem Stance

- 4 = able to place feet indep, hold 30 seconds
- 3 = able to get one foot in front of other, 30 seconds
- 2 = able to take small step indep, hold 30 seconds
- 1 = needs assist to place feet, holds 15 seconds
- 0 = cannot perform

14. _____ Stand On One Foot

- 4 = able to lift one leg and hold > 10 seconds
- 3 = able to lift one leg and hold 5-10 seconds
- 2 = able to lift one leg and hold 3-4 seconds
- 1 = able to lift one leg and hold < 3 seconds
- 0 = cannot perform

TOTAL SCORE: _____ / Maximum = 56

A Score Below 45 = Risk to Fall