

Tinetti Performance Oriented Mobility Assessment*

DESCRIPTION:

The Tinetti assessment tool is an easily administered task-oriented test that measures an older adult's gait and balance abilities.

EQUIPMENT NEEDED:

Hard armless chair

Stopwatch or wristwatch

15 ft. walkway

COMPLETION:

Time: 10-15 minutes

Scoring: A three-point ordinal scale, ranging from 0-2. "0" indicates the highest level of impairment and "2" the individual's independence.

Total Balance Score = 16

Total Gait Score = 12

Total Test Score = 28

INTERPRETATION:

25-28 = low fall risk

19-24 = medium fall risk

< 19 = high fall risk

* Tinetti ME. Performance-oriented assessment of mobility problems in elderly patients. JAGS 1986; 34: 119-126. (Scoring description: PT Bulletin Feb. 10, 1993)

Balance Tests

Initial instructions: Subject is seated in hard, armless chair. The following maneuvers are tested.			
			Score
1. Sitting Balance	Leans or slides in chair	=0	
	Steady, safe	=1	
2. Arises	Unable without help	=0	
	Able, uses arms to help	=1	
	Able without using arms	=2	
3. Attempts to Arise	Unable without help	=0	
	Able, requires > 1 attempt	=1	
	Able to rise, 1 attempt	=2	
4. Immediate Standing Balance (first 5 seconds)	Unsteady (swaggers, moves feet, trunk sway)	=0	
	Steady but uses walker or other support	=1	
	Steady without walker or other support	=2	
5. Standing Balance	Unsteady	=0	
	Steady but wide stance (medial heels > 4 inches apart) and uses cane or other support	=1	
	Narrow stance without support	=2	
6. Nudged (subject at maximum position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times)	Begins to fall	=0	
	Staggers, grabs, catches self	=1	
	Steady	=2	
7. Eyes Closed (at maximum position of item 6)	Unsteady	=0	
	Steady	=1	
8. Turning 360 Degrees	Discontinuous steps	=0	
	Continuous steps	=1	
	Unsteady (grabs, staggers)	=0	
	Steady	=1	
9. Sitting Down	Unsafe (misjudged distance, falls into chair)	=0	
	Uses arms or not a smooth motion	=1	
	Safe, smooth motion	=2	
BALANCE SCORE:			/16

Gait Tests

Initial instructions: Subject stands with examiner, walks down hallway or across room, first at “usual” pace, then back at “rapid, but safe” pace (using usual walking aids).			Score
10. Initiation of Gait (immediately after told to “go”)	Any hesitancy or multiple attempts to start	=0	
	No hesitancy	=1	
11. Step Length and Height Right swing foot:	Does not pass left stance foot with step	=0	
	Passes left stance foot	=1	
	Right foot does not clear floor completely with step	=0	
	Right foot completely clears floor	=1	
Left swing foot:	Does not pass right stance foot with step	=0	
	Passes right stance foot	=1	
	Left foot does not clear floor completely with step	=0	
	Left foot completely clears floor	=1	
12. Step Symmetry	Right and left step length not equal (estimate)	=0	
	Right and left step length appear equal	=1	
13. Step Continuity	Stopping or discontinuity between steps	=0	
	Steps appear continuous	=1	
14. Path (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 ft. of the course):	Marked deviation	=0	
	Mild/moderate deviation or uses walking aid	=1	
	Straight without walking aid	=2	
15. Trunk	Marked sway or uses walking aid	=0	
	No sway but flexion of knees or back or spreads arms out while walking	=1	
	No sway, no flexion, no use of arms, and no use of walking aid	=2	
16. Walking Stance	Heels apart	=0	
	Heels almost touching while walking	=1	
GAIT SCORE =			/12
BALANCE SCORE (from pg. 2) =			/16
TOTAL (Gait + Balance) =			/28

{< 19 high fall risk, 19-24 medium fall risk, 25-28 low fall risk}



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