



tinetti performance oriented mobility assessment

description:	(poma)*
<i>The Tinetti assessment tool is an easily administered task-oriented test that measures an older adult's gait and balance abilities.</i>	balance tests:
equipment needed:	scoring:
Hard armless chair	<i>A three-point ordinal scale, ranging from 0–2. “0” indicates the highest level of impairment, and “2” the individuals independence.</i>
Stopwatch or wristwatch 15 ft walkway	total balance score = 16 total gait score = 12 total test score = 28
completion time: 10–15 minutes	interpretation:
	25 – 28 = low fall risk
	19 – 24 = medium fall risk
	< 19 = high fall risk
<hr/>	
<i>Initial instructions: Subject is seated in hard, armless chair. The following maneuvers are tested.</i>	
1. sitting balance:	1 = Steady but uses walker or other support
0 = Leans or slides in chair	2 = Steady without walker of other support
1 = Steady, safe	
2. arises: _____	5. standing balance: _____
0 = Unable without help	0 = Unsteady
1 = Able, uses arms to help	1 = Steady but wide stance (<i>medial heels > 4 inches apart</i>) and uses cane or other support
2 = Able without using arms	2 = Narrow stance without support
3. attempts to arise: _____	6. nudged (<i>subject at maximum position with feet as close together as possible, examiner pushes lightly on subject's sternum with palm of hand 3 times</i>):
0 = Unable without help	_____
1 = Able, requires > 1 attempt	0 = Begins to fall
2 = Able to rise, 1 attempt	1 = Stagger, grabs, catches self
	2 = Steady
	7. eyes closed: _____
	(<i>at maximum position of item 6</i>)
*Tinetti ME. Performance-oriented assessment of mobility problems in elderly patients. <i>JAGS</i> 1986; 34: 199–126. (Scoring description: PT Bulletin Feb. 10, 1993)	
4. immediate standing balance (<i>first 5 seconds</i>): _____	0 = Unsteady
0 = Unsteady (<i>swaggers, moves feet, trunk sway</i>)	1 = Steady



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8. turning 360 degrees: / _____
0 = Discontinuous steps 1 = Continuous steps

0 = Unsteady (*grabs, staggers*)
1 = Steady

9. sitting down: _____
0 = Unsafe (*misjudged distance, falls into chair*)
1 = Uses arms or not a smooth motion 2 = Safe, smooth motion

balance score: _____ /16

11b. step length and height:
Left swing foot: _____ / _____

gait tests:
Initial instructions: Subject stands with examiner, walks down hallway or across room, first at "usual" pace, then back at a "rapid, but safe" pace (using usual walking aids).

10. initiation of gait: _____
(*immediately after told to "go"*)
0 = Any hesitancy or multiple attempts to start
1 = No hesitancy

11a. step length and height:
Right swing foot: _____ / _____
0 = Does not pass left stance foot with step 1 = Passes left stance foot
0 = Right foot does not clear floor completely with step
1 = Right foot completely clears floor
observe excursion of 1 foot over about 10 ft of the course)

0 = Does not pass right stance foot with step 1 = Passes right stance foot

0 = Left foot does not clear floor completely with step
1 = Left foot completely clears floor

12. step symmetry: _____
0 = Right and left step length not equal (*estimate*)
1 = Right and left step length appear equal

13. step continuity: _____
0 = Stopping or discontinuity between steps
1 = Steps appear continuous

14. path: _____
(*estimated in relation to floor tiles, 12-inch diameter;*)
0 = Marked deviation
1 = Mild/moderate deviation or uses walking aid
2 = Straight without walking aid

15. trunk: _____
0 = Marked sway or uses walking aid 1 = No sway but flexion of knees or back or spreads arms out while walking 2 = No sway, no flexion, no use of arms, and no use of walking aid

16. walking stance: _____
0 = Heels apart
1 = Heels almost touching while walking

gait score: _____ /12

total score: _____ /28
(*Balance + Gait*)

(*<19 high fall risk, 19-24 medium fall risk, 25-28 low fall risk*)



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balance tests: <i>Subject is seated on a hard, armless chair</i>	date	date	date	date
1. sitting balance <i>(Leans or slides in chair = 0, Steady, safe = 1)</i>				
2. arises <i>(Unable w/o help = 0, Able, uses arms = 1, Able without arms = 2)</i>				
3. attempts to rise <i>(Unable w/o help = 0, Able > 1 attempt = 1, Able in 1 attempt = 2)</i>				
4. immediate standing balance <i>(first 5 seconds)</i> <i>(Unsteady = 0, Stead w/ support = 1, Steady w/o support = 2)</i>				
5. standing balance <i>(Unsteady = 0, Steady, stance >4" BOS and requires support = 1, Narrow stance, w/o support = 2)</i>				
6. sternal nudge <i>(feet close together)</i> <i>(Begins to fall = 0, Staggers, catches self = 1, Steady = 2)</i>				
7. eyes closed <i>(feet close together)</i> <i>(Unsteady = 0, Steady = 1)</i>				
8. turning 360 degrees <i>(Discontinuous steps = 0, Continuous steps = 1)</i>				
turning 360 degrees <i>(Unsteady = 0, Steady = 1)</i>				
9. sitting down <i>(Unsafe, falls = 0, Uses arms or not smooth motion = 1, Safe = 2)</i>				
balance score total	/16	/16	/16	/16

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gait tests: <i>Subject stands, walks a distance at difference paces</i>	date	date	date	date
10. gait initiation (<i>immediately after told "go"</i>) (<i>Any hesitancy, multiple starts = 0, No hesitancy = 1</i>)				
11. step length (a & b) (<i>R swing foot passes L stance leg = 1, L swing foot passes R = 1</i>)				
foot clearance (<i>R foot completely clears floor = 1, L foot completely clears floor = 1</i>)				
12. step symmetry (<i>R & L step length unequal = 0, R&L step length equal = 1</i>)				
13. step continuity (<i>Stop/discontinuity between steps = 0, Steps appear continuous = 1</i>)				
14. path (<i>excursion</i>) (<i>Marked deviation = 0, Mild deviation/use of aid = 1, Straight w/o device = 2</i>)				
15. trunk (<i>Marked sway or uses device = 0, No sway but knee or trunk flexion or spread arms while walking = 1, None of the above deviations = 2</i>)				
16. base of support (<i>Heels apart = 0, Heels close while walking = 1</i>)				
gait score total	/12	/12	/12	/12
assistive device				
total score (<i>Balance and Gait</i>)	/28	/28	/28	/28
fall risk (<i>Minimal > 23, Moderate 19–23, High < 19</i>)				
therapists initials				