

PROCEDURE

ORIGINAL DATE: 02/95

Revised Date: 08/02

SUBJECT: BALANCE ASSESSMENT

PURPOSE: To ensure accurate and consistent assessment of patient's balance during functional activities upon initial evaluation and as needed during treatment.

CONSIDERATIONS

Therapists will assess and document the balance status of a patient during sitting and/or standing activities and document accordingly.

Procedure

1. The following key will be used when grading balance:

- Static - without motion
- Dynamic - during active movement
- Challenges – not applicable for grades less than fair
- Grading – a minus grade denotes an inconsistent ability

2. The following grading will be used to document balance. *Note type of support surface used to assess static balance and dynamic balance activities used to test this aspect of balance.*

Grade Number	Grade Letter	Posture	Movement	Ability of Patient
0 – 1+	0/T+	Sitting	Static	Needs Max A to maintain sitting without back or arm support
			Dynamic	N/A
		Standing	Static	Needs Max A to maintain
			Dynamic	N/A
2 ⁻ – 2	P ⁻ /P	Sitting	Static	Needs Mod A to maintain
			Dynamic	N/A
		Standing	Static	Needs Mod A to maintain
			Dynamic	N/A
2+/3 ⁻	P+/F ⁻	Sitting	Static	Needs Min A maintain
			Dynamic	N/A
		Standing	Static	Needs Min A maintain
			Dynamic	N/A

<i>Grade Number</i>	<i>Grade Letter</i>	<i>Posture</i>	<i>Movement</i>	<i>Ability of Patient</i>
3	F	Sitting	Static	Maintains without assist but unable to take any challenges
			Dynamic	N/A cannot move trunk without losing balance
		Standing	Static	Maintains without assist but unable to take any challenges; needs CG during gait
			Dynamic	Needs CG during gait
3+ - 4 ⁻	F+/G ⁻	Sitting	Static	Able to take min challenges from all directions
			Dynamic	Maintains balance through min excursions of active trunk motion
		Standing	Static	Takes min challenges from all directions
			Dynamic	Needs close supervision during gait
4	G	Sitting	Static	Takes mod challenges from all directions
			Dynamic	Needs S only; during gait and able to right self with moderate loss of balance
		Standing	Static	Takes mod challenges from all directions
			Dynamic	I gait with use of assistive device
4+	G+	Sitting	Static	Takes max challenges from all directions
			Dynamic	Maintains balance through max excursions of active trunk motion
		Standing	Static	Takes max challenges from all directions
			Dynamic	I gait with or without device
5 ⁻ - 5	N/N ¹	Sitting	Static	No deviations
			Dynamic	No deviations
5 ⁻ - 5	N/N	Standing	Static	No deviations
			Dynamic	No deviations

Nature of Change: HW format use of numbers vs. letters

¹ N is not a standard grade.