

# BERG BALANCE TEST

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

Contact no.: \_\_\_\_\_ Address: \_\_\_\_\_

Location: \_\_\_\_\_ Rater: \_\_\_\_\_

S.N.	Item Description	Date				
		Score [0-4]				
1	Sit to stand					
2	Standing Unsupported					
3	Sitting Unsupported					
4	Standing to sitting					
5	Transfers					
6	Standing with eyes closed					
7	Standing with feet together					
8	Reaching forward with outstretched arms					
9	Retrieving object from ground					
10	Turning to look behind					
11	Turning 360 degrees					
12	Placing alternate foot on stool					
13	Standing with one foot in front					
14	Standing on one foot					
	Total					

## Interpretation

- 0–20 : Wheelchair bound
- 21–40 : Walking with assistance
- 41–56 : Independent

## References

1. Berg K, Wood-Dauphinee S, Williams JI, Maki, B: Measuring balance in the elderly: Validation of an instrument. *Can. J. Pub. Health*, July/August supplement 2:S7-11, 1992
2. Berg K, Wood-Dauphinee S, Williams JI, Gayton D: Measuring balance in the elderly: Preliminary development of an instrument. *Physiotherapy Canada*, 41:304-311, 1989.