

BERG BALANCE SCALE

Patient Name: _____

Rater Name: _____

Date: _____

Balance Item	Score (0-4)
1. Sitting unsupported	_____
2. Change of position: sitting to standing	_____
3. Change of position” standing to sitting	_____
4. Transfers	_____
5. Standing unsupported	_____
6. Standing with eyes closed	_____
7. Standing with feet together	_____
8. Tandem standing	_____
9. Standing on one leg	_____
10. Turning trunk (feet fixed)	_____
11. Retrieving objects from floor	_____
12. Turning 360 degrees	_____
13. Stool stepping	_____
14. Reaching forward while standing	_____
TOTAL (0-56): _____	

Interpretation

0-20, wheelchair bound
21-40, walking with assistance
41-56, independent

References

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.**

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.