

Sitting Balance Scale

Patient's full name:: _____ Date assessed:: _____ dd / mm / yyyy

Assessor's full name:: _____

What you need: Stopwatch, 2 lb. cuff weight, Pen, 12-inch ruler, Slipper, Physician Desk Reference (PDR) or other stable objects 3 to 3.5 inches in height, Clipboard, 15"x15"x15" foam

Identify if the individual is sitting in:

- Folding Chair
- Wheelchair
- Therapy mat
- Bed
- Other

SITTING UNSUPPORTED (EYES OPEN) - SIT WITH EYES OPEN AND ARMS FOLDED ON LAP, FEET FLAT ON THE FLOOR FOR 60 SECONDS. BACK MUST NOT BE LEANING INTO A SUPPORT SURFACE

SITTING UNSUPPORTED (EYES OPEN) - Sit with eyes open and arms folded on lap, feet flat on the floor for 60 seconds. Back must not be leaning into a support surface

- 4 - Able to sit safely and securely for 60 seconds
- 3 - Able to sit for 60 seconds but requires supervision
 - 2 - Able to sit for 30 seconds
 - 1 - Able to sit for 10 seconds
- 0 - Unable to sit unsupported for 10 seconds

SITTING UNSUPPORTED WITH EYES CLOSED - SIT WITH EYES CLOSED FOR 30 SECONDS, WITH FEET FLAT ON THE FLOOR

SITTING UNSUPPORTED WITH EYES CLOSED - Sit with eyes closed for 30 seconds, with feet flat on the floor

- 4 - Able to sit safely and securely for 30 seconds
- 3 - Able to sit for 30 seconds but requires supervision
 - 2 - Able to sit for 10 seconds
 - 1 - Able to sit for 3 seconds
- 0 - Unable to sit unsupported for 3 seconds

SITTING UNSUPPORTED WITH ARMS AS LEVERS

SITTING UNSUPPORTED WITH ARMS AS LEVERS

- 4 - Able to maintain sit while lifting the 2 lb weight to 90 degrees of shoulder flexion
- 3 - Able to maintain sit and lift arm up to 90 degrees of shoulder flexion without the weight
 - 2 - Able to maintain sit with arms folded across the chest
 - 1 - Able to maintain sit with hands folded in their lap
- 0 - Able to sit with hands at side of them on the support surface

REACHING FORWARD WITH OUTSTRETCHED ARM WHILE SITTING

REACHING FORWARD WITH OUTSTRETCHED ARM WHILE SITTING

- 4 - Can reach forward without loss of balance > 10"
- 3 - Can reach forward without loss of balance >5"
- 2 - Can reach forward without loss of balance >2"
- 1 - Reaches forward but needs supervision
- 0 - Loses balance while trying/requires external support

PICK UP AN OBJECT FROM THE FLOOR WHILE SITTING UNSUPPORTED

PICK UP AN OBJECT FROM THE FLOOR WHILE SITTING UNSUPPORTED

- 4 - Able to pick up the slipper without losing balance
- 3 - Able to pick up the slipper but requires supervision for balance
- 2 - Unable to pick up slipper but reaches 1-2" from slipper and keeps balance independently
 - 1 - Unable to pick up and needs supervision while trying
- 0 - Unable to try/needs assistance to keep from losing balance or falling

PLACING ALTERNATE FOOT ON BOOK OR OBJECT 3-3.5" IN HEIGHT

PLACING ALTERNATE FOOT ON BOOK OR OBJECT 3-3.5" IN HEIGHT

- 4 - Able to sit independently and safely complete 8 steps in 20 seconds
- 3 - Able to sit independently and complete 8 steps > 20 seconds
- 2 - Able to complete 4 steps without aid but with supervision
 - 1 - Able to complete > 2 steps with minimal assistance
- 0 - Unable to try/needs assistance to keep from falling if tries

REACHING LATERALLY WITH OUTSTRETCHED ARM WHILE SITTING UNSUPPORTED

REACHING LATERALLY WITH OUTSTRETCHED ARM WHILE SITTING UNSUPPORTED

- 4 - Can reach laterally without loss of balance > 10"
- 3 - Can reach laterally without loss of balance >5"
- 2 - Can reach laterally without loss of balance >2"
 - 1 - Reaches laterally but needs supervision
- 0 - Loses balance while trying/requires external support

TURNING TO LOOK BEHIND OVER LEFT AND RIGHT SHOULDER WHILE SITTING

TURNING TO LOOK BEHIND OVER LEFT AND RIGHT SHOULDER WHILE SITTING

- 4 - Looks behind them from both sides while shifting weight appropriately
- 3 - Looks behind them one side only with the other side showing less weight shift
 - 2 - Turns sideways only but maintains balance
 - 1 - Needs supervision while turning
- 0 - Needs assistance to keep from losing balance or falling

LATERAL BEND TO ELBOW IN SITTING

LATERAL BEND TO ELBOW IN SITTING

- 4 - Able to smoothly perform the motion bilaterally and return to upright position
- 3 - Able to perform 2/3 of the motion or difficulty returning to upright on one or both sides
 - 2 - Able to perform 1/3 of the motion or only able to perform unilaterally
 - 1 - Initiates the motion but requires assistance to move further
 - 0 - Unable to complete motion

SIT TO STAND TRANSFERS

SIT TO STAND TRANSFERS

- 4 - Able to transfer safely with the minor use of hands
- 3 - Able to transfer safely with verbal cueing and/or supervision
 - 2 - Able to transfer with assistance x 1
 - 1 - Able to transfer with assistance x 2
 - 0 - Unable to transfer or needs a lift

PICK UP AN OBJECT FROM THE FLOOR WHILE SITTING UNSUPPORTED ON FOAM

PICK UP AN OBJECT FROM THE FLOOR WHILE SITTING UNSUPPORTED ON FOAM

- 4 - Able to pick up the slipper without losing balance
- 3 - Able to pick up the slipper but requires supervision for balance
- 2 - Unable to pick up slipper but reaches 1-2" from slipper and keeps balance independently
 - 1 - Unable to pick up and needs supervision while trying
- 0 - Unable to try/needs assistance to keep from losing balance or falling

