

Mini Balance Evaluation Systems Test (Mini BESTest)

Patient Name: _____ Age: _____
 Date of Test: _____ dd / mm / yyyy Patient ID: _____

SECTION 1: ANTICIPATORY POSTURAL ADJUSTMENTS

1. Sit to Stand

- 2 - Normal: Comes to stand without use of hands and stabilizes independently
- 1 - Moderate: Comes to stand WITH use of hands on first attempt
- 0 - Severe: Unable to stand without assistance or needs several attempts

2. Rise to Toes

- 2 - Normal: Stable for 3s with maximum height
- 1 - Moderate: Heels up but not full range, OR noticeable instability for 3s
- 0 - Severe: Unable to maintain for 3s

Time (Left / Right): _____

3. Stand on One Leg

- 2 - Normal: 20 seconds
- 1 - Moderate: Less than 20 seconds
- 0 - Severe: Unable

SECTION 2: REACTIVE POSTURAL CONTROL

4. Compensatory Stepping - Forward

- 2 - Normal: Recovers independently with a single large step
- 1 - Moderate: More than one step used to recover equilibrium
- 0 - Severe: No step, would fall if not caught, or falls spontaneously

5. Compensatory Stepping - Backward

- 2 - Normal: Recovers independently with a single large step
- 1 - Moderate: More than one step used to recover equilibrium
- 0 - Severe: No step, would fall if not caught, or falls spontaneously

6. Compensatory Stepping - Lateral (Left)

- 2 - Normal: Recovers independently with 1 step (crossover or lateral OK)
- 1 - Moderate: Several steps to recover equilibrium
- 0 - Severe: Falls or cannot step

6. Compensatory Stepping - Lateral (Right)

- 2 - Normal: Recovers independently with 1 step (crossover or lateral OK)
- 1 - Moderate: Several steps to recover equilibrium
- 0 - Severe: Falls or cannot step

SECTION 3: SENSORY ORIENTATION

7. Stance (feet together) - Eyes Open, Firm Surface

- 2 - Normal: 30 seconds
- 1 - Moderate: Less than 30 seconds
- 0 - Severe: Unable

8. Stance (feet together) - Eyes Closed, Foam Surface

- 2 - Normal: 30 seconds
- 1 - Moderate: Less than 30 seconds
- 0 - Severe: Unable

9. Incline - Eyes Closed

- 2 - Normal: 30 seconds
- 1 - Moderate: Less than 30 seconds
- 0 - Severe: Unable

SECTION 4: DYNAMIC GAIT

10. Change in Gait Speed

- 2 - Normal: Significantly changes walking speed without imbalance
- 1 - Moderate: Unable to change speed or shows signs of imbalance
- 0 - Severe: Unable to achieve significant speed change AND shows imbalance

11. Walk with Head Turns - Horizontal

- 2 - Normal: Turns with feet close FAST (< 3 steps) with good balance
- 1 - Moderate: Turns with feet close SLOW (> 4 steps) with good balance
- 0 - Severe: Cannot turn with feet close at any speed without imbalance

12. Walk with Pivot Turns

- 2 - Normal: Turns with feet close FAST (< 3 steps) with good balance
- 1 - Moderate: Turns with feet close SLOW (> 4 steps) with good balance
- 0 - Severe: Cannot turn with feet close at any speed without imbalance

13. Step over Obstacles

- 2 - Normal: Steps over box with minimal change of gait speed and good balance
- 1 - Moderate: Touches box OR displays cautious behavior by slowing gait
- 0 - Severe: Cannot step over box without loss of balance

14. Timed Up & Go with Dual Task (3m walk)

- 2 - Normal: No noticeable change while backward counting compared to TUG without Dual Task
- 1 - Moderate: Dual Task affects either counting OR walking (> 10%)
- 0 - Severe: Stops counting while walking OR stops walking while counting

SCORING SUMMARY

Section 1 Total (0-6): _____ Section 2 Total (0-8): _____

Section 3 Total (0-6): _____ Section 4 Total (0-10): _____

TOTAL SCORE (0-28): _____

Interpretation: Score \leq 20 indicates increased fall risk. Score of 28 = optimal balance performance.

CLINICIAN DETAILS

Clinician Name: _____ License ID Number: _____

Date: _____ dd / mm / yyyy

Clinician Signature