

Mini BESTest of Dynamic Balance

Trial 1 Date/ Initials: _____
Score: ____ / 32

Trial 2 Date/ Initials: _____
Score: ____ / 32

Trial 3 Date/ Initials: _____
Score: ____ / 32

Trial 4 Date/ Initials: _____
Score: ____ / 32

*** Subjects should be tested with flat-heeled shoes OR shoes and socks off. If AD is needed, score 1 category lower. If physical assist needed for an item, score (0).

1. SIT TO STAND

2	Normal	Comes to stand without use of hands & stabilizes indep.
1	Moderate	Comes to stand WITH use of hands on first attempt
0	Severe	Can't stand without assist OR several attempts with hands

Trial: 1) ____ 2) ____ 3) ____ 4) ____

2. RISE TO TOES

2	Normal	Stable for 3 sec with maximum height
1	Moderate	Heels up, but not full range (smaller than with holding hands) or unstable
0	Severe	≤ 3 sec

Trial: 1) ____ 2) ____ 3) ____ 4) ____

3. STAND ON ONE LEG (R)

(Take average of two trials)

2	Normal	20 sec
1	Moderate	<20 sec
0	Severe	unable

Trial: 1) ____ 2) ____ 3) ____ 4) ____

3. STAND ON ONE LEG (L)

(take average of 2 trials)

2	Normal	20 sec
1	Moderate	<20 sec
0	Severe	unable

Trial: 1) ____ 2) ____ 3) ____ 4) ____

4. COMPENSATORY STEP-FWD

2	Normal	Recovers ind with single, large step (2 nd realign step ok)
1	Moderate	More than 1 step to recover
0	Severe	No step OR would fall if not caught OR falls

Trial: 1) ____ 2) ____ 3) ____ 4) ____

5. COMPENSATORY STEP- BACK

2	Normal	Recovers ind with single, large step (2 nd realign step ok)
1	Moderate	More than 1 step to recover
0	Severe	No step OR would fall if not caught OR falls

Trial: 1) ____ 2) ____ 3) ____ 4) ____

6. COMPENSATORY STEP- LAT (L)

2	Normal	Recovers ind with 1 step, crossover or lateral ok
1	Moderate	Several steps
0	Severe	Falls OR can't step

Trial: 1) ____ 2) ____ 3) ____ 4) ____

6. COMPENSATORY STEP-LAT (R)

2	Normal	Recovers ind with 1 step, crossover or lateral ok
1	Moderate	Several steps
0	Severe	Falls OR can't step

Trial: 1) ____ 2) ____ 3) ____ 4) ____

7. EYES OPEN, FIRM, FEET TOG

2	Normal	30 sec
1	Moderate	<30 sec
0	Severe	Unable

Trial: 1) ____ 2) ____ 3) ____ 4) ____

8. EYES CLOSED, FOAM, FEET TOG

2	Normal	30 sec
1	Moderate	<30 sec
0	Severe	unable

Trial: 1) ____ 2) ____ 3) ____ 4) ____

9. INCLINE- EYES CLOSED

2	Normal	30 sec & aligns w/ gravity
1	Moderate	<30 sec OR aligns w/surface
0	Severe	Unable >10 sec OR will not attempt indep stand

Trial: 1) ____ 2) ____ 3) ____ 4) ____

10. CHANGE IN GAIT SPEED

2	Normal	Significant change speed w/o imbalance
1	Moderate	Unable to change speed OR imbalance
0	Severe	Unable to change speed AND imbalance

Trial: 1) ____ 2) ____ 3) ____ 4) ____

11. WALK WITH HEAD TURN- HORIZ

2	Normal	Head turns w/o speed change & good balance
1	Moderate	Head turns with speed change
0	Severe	Head turns with imbalance

Trial: 1) ____ 2) ____ 3) ____ 4) ____

12. WALK WITH PIVOT TURNS

2	Normal	Turns w/ feet close, FAST (≤ 3 steps) w/ good balance
1	Moderate	Turns w/ feet close, SLOW (≥ 4 steps) w/ good balance
0	Severe	Cannot turn with feet close at any speed w/o imbalance

Trial: 1) ____ 2) ____ 3) ____ 4) ____

13. STEP OVER OBSTACLES

2	Normal	Able to step over w/ min change speed & w/good balance
1	Moderate	Steps over but touches box OR displays caution and slows down
0	Severe	Cannot step over OR hesitates OR steps around

Trial: 1) ____ 2) ____ 3) ____ 4) ____

14. TIMED UP & GO (DUAL TASK)

TUG with & without counting backwards

2	Normal	No noticeable change in sit or stand & no speed change
1	Moderate	Dual task affects either count OR walk
0	Severe	Stops counting OR stops walking

Trial: 1) ____ 2) ____ 3) ____ 4) ____

COMMENTS:

Therapist Signature

Initials