**Tinetti Performance Oriented Mobility Assessment (POMA)**

**Description:**
The Tinetti assessment tool is an easily administered task-oriented test that measures an older adult’s gait and balance abilities.

**Equipment needed:**
- Hard armless chair
- Stopwatch or wristwatch
- 15 ft walkway

**Completion:**

**Time:** 10-15 minutes

**Scoring:**
A three-point ordinal scale, ranging from 0-2. “0” indicates the highest level of impairment and “2” the individual’s independence.

- Total Balance Score = 16
- Total Gait Score = 12
- Total Test Score = 28

**Interpretation:**

- 25-28 = low fall risk
- 19-24 = medium fall risk
- < 19 = high fall risk

Tinetti Performance Oriented Mobility Assessment (POMA)

- Balance Tests -

Initial instructions: Subject is seated in hard, armless chair. The following maneuvers are tested.

1. **Sitting Balance**
   - Leans or slides in chair =0
   - Steady, safe =1 _____

2. **Arises**
   - Unable without help =0
   - Able, uses arms to help =1
   - Able without using arms =2 _____

3. **Attempts to Arise**
   - Unable without help =0
   - Able, requires > 1 attempt =1
   - Able to rise, 1 attempt =2 _____

4. **Immediate Standing Balance** (first 5 seconds)
   - Unsteady (swaggers, moves feet, trunk sway) =0
   - Steady but uses walker or other support =1
   - Steady without walker or other support =2 _____

5. **Standing Balance**
   - Unsteady =0
   - Steady but wide stance (medial heals > 4 inches apart) and uses cane or other support =1
   - Narrow stance without support =2 _____

6. **Nudged** (subject at maximum position with feet as close together as possible, examiner pushes lightly on subject’s sternum with palm of hand 3 times)
   - Begins to fall =0
   - Staggers, grabs, catches self =1
   - Steady =2 _____

7. **Eyes Closed** (at maximum position of item 6)
   - Unsteady =0
   - Steady =1 _____

8. **Turing 360 Degrees**
   - Discontinuous steps =0
   - Continuous steps =1 _____
   - Unsteady (grabs, staggers) =0
   - Steady =1 _____

9. **Sitting Down**
   - Unsafe (misjudged distance, falls into chair) =0
   - Uses arms or not a smooth motion =1
   - Safe, smooth motion =2 _____

**BALANCE SCORE:** _____/16
Tinetti Performance Oriented Mobility Assessment (POMA)  
- Gait Tests -  
Initial Instructions: Subject stands with examiner, walks down hallway or across room, first at “usual” pace, then back at “rapid, but safe” pace (using usual walking aids)

10. **Initiation of Gait** (immediately after told to “go”)
   Any hesitancy or multiple attempts to start =0
   No hesitancy =1 _____

11. **Step Length and Height**
   Right swing foot
   - Does not pass left stance foot with step =0
   - Passes left stance foot =1 _____
   Right foot does not clear floor completely
   - With step =0
   - Right foot completely clears floor =1 _____
   Left swing foot
   - Does not pass right stance foot with step =0
   - Passes right stance foot =1 _____
   Left foot does not clear floor completely
   - With step =0
   - Left foot completely clears floor =1 _____

12. **Step Symmetry**
   Right and left step length not equal (estimate) =0
   Right and left step length appear equal =1 _____

13. **Step Continuity**
   Stopping or discontinuity between steps =0
   Steps appear continuous =1 _____

14. **Path** (estimated in relation to floor tiles, 12-inch diameter; observe excursion of 1 foot over about 10 ft. of the course)
   Marked deviation =0
   Mild/moderate deviation or uses walking aid =1
   Straight without walking aid =2 _____

15. **Trunk**
   Marked sway or uses walking aid =0
   No sway but flexion of knees or back or spreads arms out while walking =1
   No sway, no flexion, no use of arms, and no use of walking aid =2 _____

16. **Walking Stance**
   Heels apart =0
   Heels almost touching while walking =1 _____

   **GAIT SCORE = _____/12**

   **BALANCE SCORE = _____/16**

   **TOTAL SCORE (Gait + Balance) = _____/28**

   {< 19 high fall risk, 19-24 medium fall risk, 25-28 low fall risk}
<table>
<thead>
<tr>
<th>Balance Tests: Subject is seated on hard, armless chair</th>
<th>Date</th>
<th>Date</th>
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<th>Date</th>
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</thead>
<tbody>
<tr>
<td><strong>SITTING BALANCE</strong>&lt;br&gt;Leans or slides in chair = 0; Steady, safe = 1</td>
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<td><strong>ARISES</strong>&lt;br&gt;Unable without help = 0; Able, uses arms = 1; Able without using arms = 2</td>
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<tr>
<td><strong>ATTEMPTS TO RISE:</strong>&lt;br&gt;Unable w/o help = 0; Able, requires &gt; 1 attempt = 1; Able in 1 attempt = 2</td>
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<tr>
<td><strong>IMMEDIATE STANDING BALANCE</strong> (first 5 seconds)&lt;br&gt;Unsteady (sway/stagger/feet move) = 0; Steady, w/ support = 1; Steady w/o support = 2</td>
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<tr>
<td><strong>STANDING BALANCE</strong>&lt;br&gt;Unsteady = 0; Steady, stance &gt; 4 inch BOS &amp; requires support = 1; Narrow stance, w/o support = 2</td>
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<tr>
<td><strong>TERNAL NUDGE</strong> (feet close together)&lt;br&gt;Begin to fall = 0; Staggers, grabs, catches self = 1; Steady = 2</td>
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<tr>
<td><strong>EYES CLOSED</strong> (feet close together)&lt;br&gt;Unsteady = 0; Steady = 1</td>
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<td><strong>TURNING 360 DEGREES</strong>&lt;br&gt;Discontinuous steps = 0; Continuous steps = 1</td>
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<tr>
<td><strong>TURNING 360 DEGREES</strong>&lt;br&gt;Unsteady (stagger, grabs) = 0; Steady = 1</td>
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<tr>
<td><strong>SITTING DOWN</strong>&lt;br&gt;Unsafe (misjudges distance, falls) = 0; Uses arms, or not a smooth motion = 1; Safe, smooth motion = 2</td>
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<tr>
<td><strong>BALANCE SCORE TOTAL</strong>&lt;br&gt;/16</td>
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<tr>
<td><strong>GAIT INITIATION</strong> (immediate after told “go”)&lt;br&gt;Any hesitancy, multiple attempts to start = 0; No hesitancy = 1</td>
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<tr>
<td><strong>STEP LENGTH</strong>&lt;br&gt;R swing foot passes L stance leg = 1; L swing foot passes R = 1</td>
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<tr>
<td><strong>FOOT CLEARANCE</strong>&lt;br&gt;R foot completely clears floor = 1; L foot completely clears floor = 1</td>
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<tr>
<td><strong>STEP SYMMETRY</strong>&lt;br&gt;R and L step length unequal = 0; R and L step length equal = 1</td>
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<td><strong>STEP CONTINUITY</strong>&lt;br&gt;Stop/discontinuity between steps = 0; Steps appear continuous = 1</td>
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<td><strong>PATH</strong> (excursion)&lt;br&gt;Marked deviation = 0; Mild/moderate deviation or use of aid = 1; Straight without device = 2</td>
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<tr>
<td><strong>TRUNK</strong>&lt;br&gt;Marked sway or uses device = 0; No sway but knee or trunk flexion or spread arms while walking = 1; None of the above deviations = 2</td>
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<td><strong>BASE OF SUPPORT</strong>&lt;br&gt;Heels apart = 0; Heels close while walking = 1</td>
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<tr>
<td><strong>GAIT SCORE TOTAL</strong>&lt;br&gt;/12</td>
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<tr>
<td><strong>TOTAL SCORE</strong>&lt;br&gt;(BALANCE + GAIT)&lt;br&gt;(minimal &gt; 23, Mod. 19-23, High &lt; 19)</td>
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<td><strong>FALL RISK</strong></td>
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Therapist initials