Tinetti Performance Oriented Mobility Assessment

POMA is a task- oriented test that measures an older adult's gait and balance abilities by an ordinal scale of 0 (most impairment) to 2 (independence). The assessments takes **10 - 15 minutes to complete.**

(See: Tinetti ME. Performance-oriented assessment of mobility problems in elderly patients. JAGS 1986; 34: 119-126. Scoring description: PT Bulletin Feb. 10, 1993)

Name: **Date:**

Location: **Administrator:**

Balance Assessment

Instructions: Subject is seated in a hard, armless chair. The following maneuvers are tested.

Task	Description of Balance	Possible	Score
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 heels > 4 inches apart) and uses cane or other support	1	
	Narrow stance without support	2	
6 Nudged (subject at max 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 #6)	Unsteady	0	
	Steady	1	
8 Turning 360 degrees	Discontinuous steps	0	
	Continuous steps	1	
	Unsteady (grabs, swaggers)	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	

0 = highest level of impairment

2 = independent

Total Balance Score (out of 16) =

Tinetti Performance Oriented Mobility Assessment

Patient Name: **Date:**

Location: **Administrator:**

Gait Assessment

Instructions: Subject stands with examiner, walks down hallway or across the room, first at "usual" pace, then back at "rapid, but safe" pace (using usual walking aids).

	Task	Description of Gait	Possible	Score
10	Initiation of gait (immediately or after told to "go")	Any hesitancy or multiple attempts to start	0	
		No hesitancy	1	
11	Step length and height	a. Right swing foot does not pass left stance foot with step	0	
		b. Right foot passes left stance foot	1	
		c. Right foot does not clear floor completely with step	0	
		d. Right foot completely clears floor	1	
		e. Left swing foot does not pass right stance foot with step	0	
		f. Left foot passes right stance foot	1	
		g. Left foot does not clear floor completely with step	0	
		h. Left foot completely clears floor	1	
12	Step Symmetry	Right and left step length not equal (estimate)	0	
		Right and left step 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 feet 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	

0 = highest level of impairment
2 = independent

Total Gait Score (out of 12) =

Balance + Gait Score=

< 19 = HIGH FALL RISK   19-24 = MEDIUM FALL RISK   25-28 = LOW FALL RISK