

Balance Performance Oriented Mobility Assessment (BPOMA) of Tinetti

Overview: Tinetti developed the Performance Oriented Mobility Assessment (POMA) in 1986. The balance portion of this assessment can be used separately to evaluate a patient's mobility and to determine if disability is present.

Maneuvers:

- (1) sitting balance
- (2) arising from chair
- (3) immediate standing balance during the first 5 seconds after are legs no longer touching the chair
- (4) side-by-side standing balance: The feet are placed touching each other and the patient is observed for 10 seconds.
- (5) nudged: The subject is standing with feet as close together as possible and the examiner pushes lightly on the subject's sternum with palm of hand 3 times.
- (6) standing with eyes closed for 10 seconds
- (7) turning 360°
- (8) sitting down

Maneuver	Performance	Points
sitting balance	leans or slides in chair	0
	leans in chair slightly	1
	steady safe	2
arising	unable without help	0
	loses balance	0
	able but uses arms to push off chair	1
	pulls on device or person	1
	requires more than 2 attempts	1
	able to arise without use of arms in 1 attempt	2
immediate standing balance	unsteady marked staggering moves feet marked trunk sway	0
	grabs objects for support	0
	begins to fall	0
	steady but uses walker or cane	1

	mild staggering but catches self without grabbing object or person	1
	steady without walker or cane or other support	2
side-by-side standing balance	unsteady marked staggering moves feet marked trunk sway	0
	grabs objects for support	0
	begins to fall	0
	steady but wide stance (medial heels > 4 inches apart)	1
	uses cane or other support	1
	steady with feet side-by side without external support	2
nudged (see above)	begins to fall	0
	staggers grabs but catches self	1
	uses device	1
	steady without device or support	2
standing with eyes closed	unsteady marked staggering or trunk sway moves feet	0
	begins to fall	0
	staggers with few foot movements but catches self	1
	uses an assistive device	1
	steady without external support	2
turning 360°	unsteady grabs staggers	0
	steady but steps discontinuous	1
	uses device	1
	steady and steps continuous	2
sitting down	unable without assistance unsafe (misjudges distance falls into chair)	0
	uses arms on chair/device	1
	not a smooth motion	1
	safe smooth motion	2

where:

- If the patient is unable to perform a maneuver or is frightened or uncertain then that maneuver is scored 0.

Tinetti balance score = SUM(points for all 8 maneuvers)

Interpretation:

- minimum score: 0
- maximum score: 16
- The higher the score the better the balance.

References:

Cipriany-Dacko LM Innerst D et al. Interrater reliability of the Tinetti balance scores in novice and experienced physical therapy clinicians. Arch Phys Med Rehabil. 1997; 78: 1160-1164.

Tinetti ME. Performance oriented assessment of mobility problems in the elderly patient. J Am Geriatr Soc. 1986; 34: 119-126.

Tinetti ME Baker DI et al. FICSIT: risk factor abatement strategy for fall prevention. J Am Geriatr Soc. 1993; 41: 315-320