Berg Balance Scale

Berg Balance Scale	SS	APC	RPC
1. Stand from a sitting position		PM	
2. Stand without assistance	PM		
3. Sit without assistance	PM		
4. Sit down from a standing position		PM	
5. Transfer from a bed to a chair		PM	
6. Stand with your eyes closed	SP		
7. Stand with your feet together	PM		
8. Reach forward with your arms		PM	
9. Pick an object up from the floor		PM	
10. Look behind yourself while standing		PM	
11. Turn 360 degrees while standing		PM	
12. Place alternate foot on a step or stool while standing		PM	
13. Stand with one foot in front of the other	PM	PM	
14. Stand on one foot	PM	PM	

Diagnosis	Fall risk cut-off	MDC/MCID
Stroke	45/56	Acute: 6-7 pts Chronic: 4.66-6.7 pts
Parkinson's Disease		MDC 5 points
Huntington's Disease		Pre-manifest : 1 point Early-stage: 4 points Middle and late-stage: 5 points
Non-specific/ Older Adults	<40/56	Initial – MCID >45/56 – 4 pts 35-44 – 5 pts 25-34 – 7 pts 0-24 – 5 pts

Equipment Needs

- Stopwatch
- Standard height chair (18-20 in.) with arm rests
- Standard height chair (18-20 inch) without arm rests
- Step or stool of average height (7 3/4 – 9 inches)
- Ruler
- Slipper or shoe

ACADEMY OF NEUROLOGIC PHYSICAL THERAPY

ANPT Movement System Diagnoses for Balance Dysfunction Knowledge Translation Task Force
Handout created by:
Christina Burke, PT, DPT, NCS; Heidi Moyer, PT, DPT, GCS; Ana Sanchez Junkin, PT, DPT, NCS; Suzanne Trojanowski, PT, DPT, NCS; Wendy Kriekels, PT, DPT, NCS, Arco Paul, PT, PhD, NCS

KEY
Items suggestive of deficits in the areas indicated in the table.
SS = Steady state
APC = Anticipatory postural control
RPC = Reactive postural control
BC = Balance confidence
PV = Perception of verticality
PM = Postural movement strategies
SP = Sensory processing
MT = Multi-tasking

Considerations

- Assistive devices should not be used
- Lowest applicable category is marked
- **Item-by-item scoring:** http://neuropt.org/ practice-resources/anpt-clinical-p ractice-guidelines/core-outcome-measures.cpg

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