

Mini BESTest

ANPT Movement System Diagnoses for Balance Dysfunction Knowledge Translation Task Force

Handout created by:

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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

Equipment Needs

- Standard chair
- Medium density foam (4 in thick)
- 2 stacked shoe boxes (height 9 inches)
- Incline with 10° slope
- Tape to mark 3 meters (10 feet) from front of chair
- Stopwatch

Mini-BESTest	SS	APC	RPC
1. Sit to stand		PM	
2. Rise to toes		PM	
3. Stand on one leg	PM	PM	
4. Compensatory stepping correction- forward			PM SP
5. Compensatory stepping correction - backward			PM SP
6. Compensatory stepping correction- lateral			PM SP
7. Stance (feet together), eyes open, firm	PM		
8. Stance (feet together), eyes closed, foam	SP		
9. Incline, eyes closed	PV		
10. Change in gait speed		PM	
11. Walk with head turns- horizontal		SP MT	
12. Walk with pivot turns		PM	
13. Step over obstacle		PM	
14. Timed up & go with dual task		MT	

Diagnosis	Fall Risk Cut-off	MDC/MCID
Community dwelling older adults	60-69 yr =25/28 70-79 yr =23/28 80-89 yr =22/28 >90 yr =17/28	Not reported
Stroke	Chronic stroke 17/28 (AUC=0.64)	MDC = 3 pts Small change MCID = 4 pts Substantial change MCID = 5 pts
Parkinson's Disease	<21/28	Not reported
Multiple Sclerosis	Not reported	EDSS 2-3.5: MDC= 3.5 pts EDSS 4-5.5: MDC= 4.7 pts
Incomplete SCI	Not reported	if able to stand for 30 sec unassisted MDC= 4 pts
Ataxia	Not reported	MDC= 4 points

Considerations

- If a subject must use an assistive device for an item, score that item one category lower
- If subject requires physical assistance, score "0" for that item

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