

The Berg Balance Test: How Test Yourself!

BY: CRISTIANE B. CRUZ, MPK, R.KIN



**Balance Is Often Something We
Take For Granted**



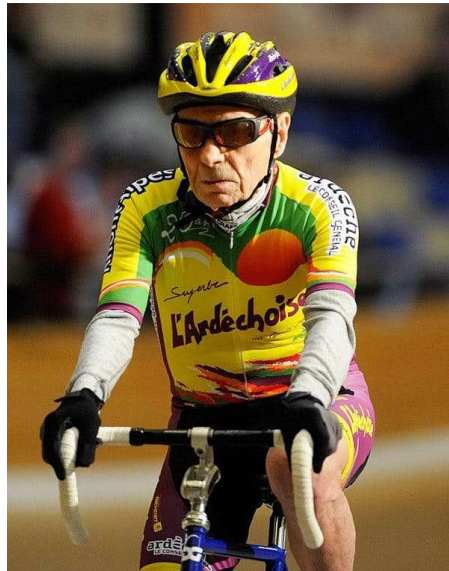
**It Becomes Even More
Important As We Age**

With Practice, You'd Be Surprised What Your Body Can Do!

78-year-old Skateboarder



102-year-old Cyclist



87-year-old Ice Skater



<https://pulptastic.com/seniors-you-shouldnt-mess-with>

The Berg Balance Test



PURPOSE



PROTOCOL

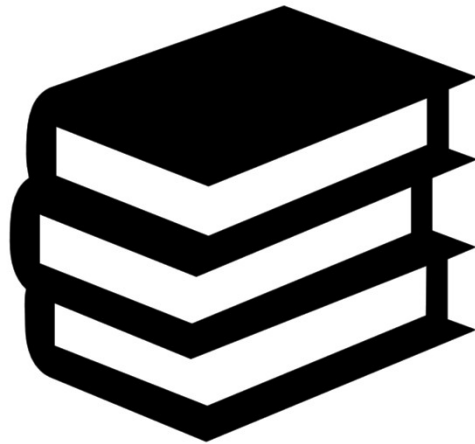


FOLLOW UP



Purpose

Purpose



- ▶ Used To Test Balance
 - ▶ Studies Show It Provides Valid Results
- ▶ 14 Items
 - ▶ 5 Point Scale (0-4)
 - ▶ 56 Is Considered Functional
 - ▶ Scores Lower Than 45 Indicate High Risk Of Falls

Purpose



- ▶ Focuses On Functional Tasks
 - ▶ Sit To Stand, Reaching Forward...
- ▶ Used With Various Populations
 - ▶ Seniors
 - ▶ Stroke Patients
 - ▶ Studies Currently Looking Into Additional Populations

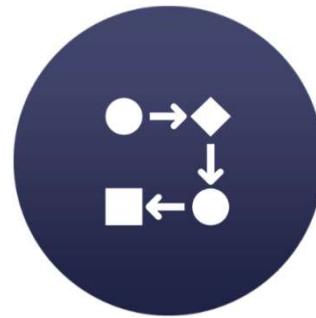
A scientist with curly hair and glasses, wearing a white lab coat, is demonstrating a procedure in a laboratory. He is holding a test tube and pouring its contents into a beaker. Three young girls, also wearing safety goggles, are observing him. The background shows shelves with various laboratory equipment and plants. A dark blue vertical bar is located in the top right corner of the image.

Test Protocol

Protocol



**EQUIPMENT
NEEDED**



PROCEDURE

Equipment Needed



- ▶ Stopwatch
- ▶ Standard Height Chair (18-20 Inches) With Arm Rests
- ▶ Standard Height Chair (18-20 Inches) Without Arm Rests
- ▶ Slipper (Or Other Item To Pick Up From Ground)
- ▶ Ruler
- ▶ Lasts Approx. 20 Mins

Activities To Complete

1. Sitting To Standing
2. Standing Unsupported
3. Sitting Unsupported
4. Standing To Sitting
5. Transfers
6. Standing With Eyes Closed
7. Standing With Feet Together
8. Reaching Forward With Outstretched Arm
9. Retrieving Object From Floor
10. Turning To Look Behind
11. Turning 360 Degrees
12. Placing Alternate Foot On Stool
13. Standing With One Foot In Front
14. Standing On One Foot

1. Sitting To Standing

Instructions

Stand Up For A Chair. Try Not To Use Your Hand For Support

4/4

▶ Able To Stand Without Using Hands And Stabilize Independently

0/4

▶ Needs Moderate Or Maximal Assist To Stand



2. Standing Unsupported

Instructions:

Stand For Two Minutes
Without Holding On To
Anything.

▶ 4/4

- ▶ Able To Stand Safely For 2
Minutes

▶ 0/4

- ▶ Unable To Stand 30 Seconds
Unsupported



5. Transfers

Instructions:

- ▶ Transfer From A Seat With Armrests To A Seat Without Armrests. You May Use A Bed And A Chair.
- ▶ 4/4
 - ▶ Able To Transfer Safely With Minor Use Of Hands
- ▶ 0/4
 - ▶ Needs Two People To Assist Or Supervise To Be Safe



8. Reaching Forward With Outstretched Arm

Instructions:

Tape A Ruler On The Wall. Stand By The Wall And Lift Arm To 90 Degrees. Your Fingers Should Be Near The End Of The Ruler.

- ▶ Stretch Out Your Fingers And Reach Forward As Far As You Can. Avoid Rotation Of The Trunk.
- ▶ 4/4
 - ▶ Can Reach Forward Confidently 25 Cm (10 Inches)
- ▶ 0/4
 - ▶ Loses Balance While Trying/Requires External Support



9. Retrieving Object From Floor

Instructions:

- ▶ Pick Up A Shoe/Slipper, Which Is Placed In Front Of Your Feet.
- ▶ 4/4
 - ▶ Able To Pick Up Slipper Safely And Easily
- ▶ 0/4
 - ▶ Unable To Try/Needs Assist To Keep From Losing Balance Or Falling



13. Standing Unsupported One Foot In Front

Instructions:

- ▶ Place One Foot Directly In Front Of The Other.
- ▶ To Score 3 Points, The Length Of The Step Should Exceed The Length Of The Other Foot And The Width Of The Stance Should Approximate The Subject's Normal Stride Width
- ▶ 4/4
 - ▶ Able To Place Foot Tandem Independently And Hold 30 Seconds
- ▶ 0/4
 - ▶ Loses Balance While Stepping Or Standing



Berg Balance Video Instructions Continued

https://www.youtube.com/watch?v=99I50O9HFkl&ab_channel=PaulPotterPT





**Where Can I Find The Test
Printout?**

Download The Full Test (With Instructions)

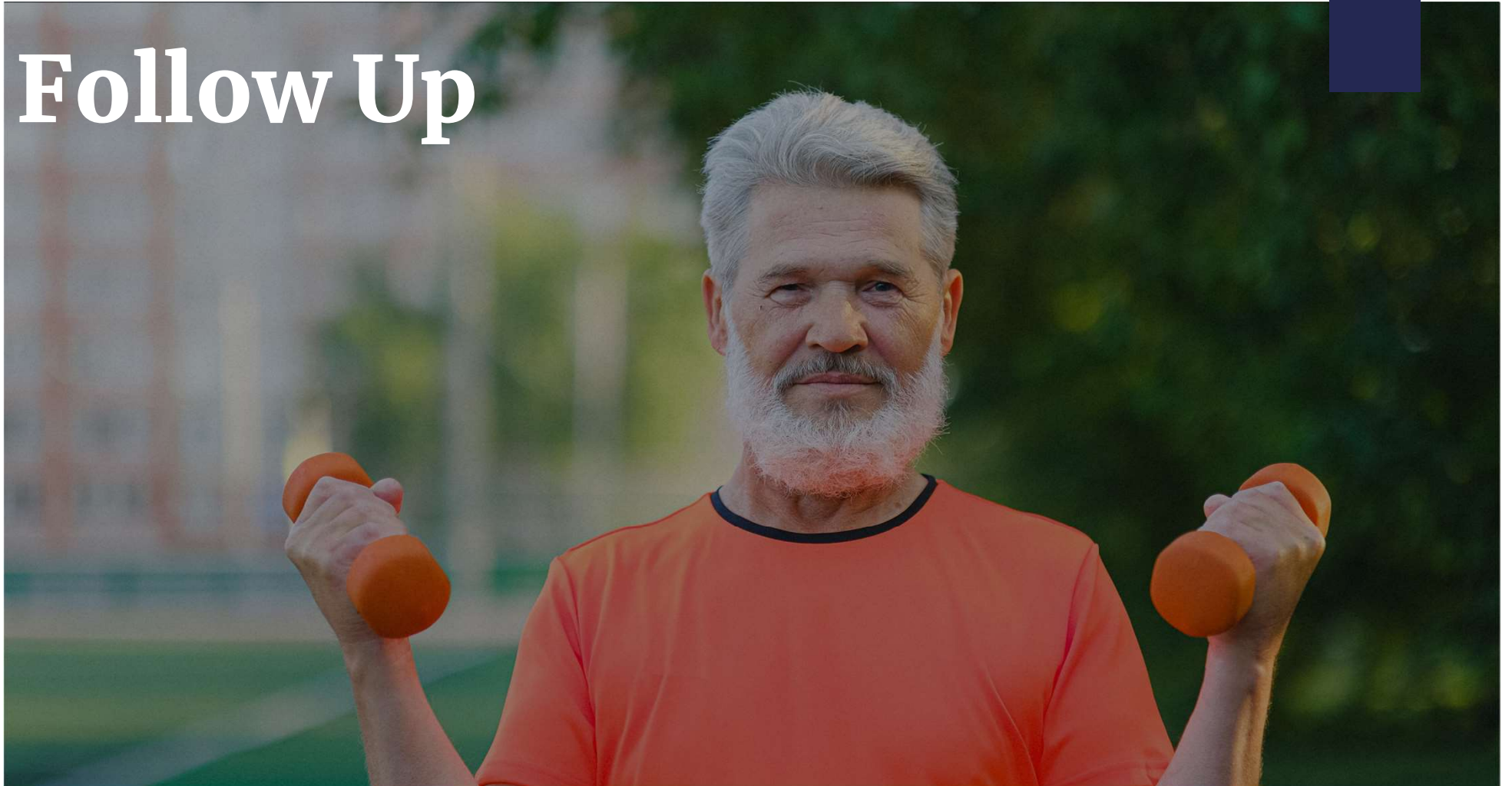
Berg Balance Scale (with instructions)

SITTING TO STANDING

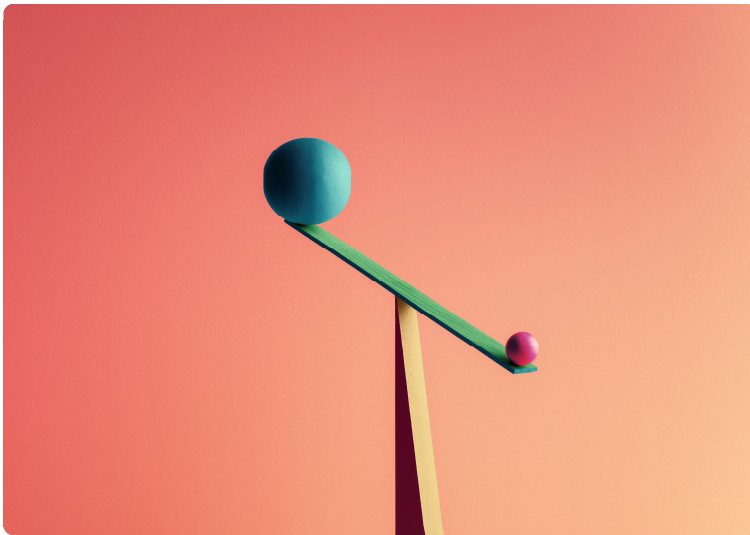
INSTRUCTIONS: Please stand up. Try not to use your hand for support.

- 4 able to stand without using hands and stabilize independently
- 3 able to stand independently using hands
- 2 able to stand using hands after several tries
- 1 needs minimal aid to stand or stabilize
- 0 needs moderate or maximal assist to stand

Follow Up



Now What?



- ▶ Based On Your Results, You Can Determine Your Next Steps
- ▶ Practice The Exercises Within The Test
- ▶ Join A Exercise Class!
- ▶ See A Professional If You Want Targeted Training



What Are Some Great Balance Exercises?

It Depends...

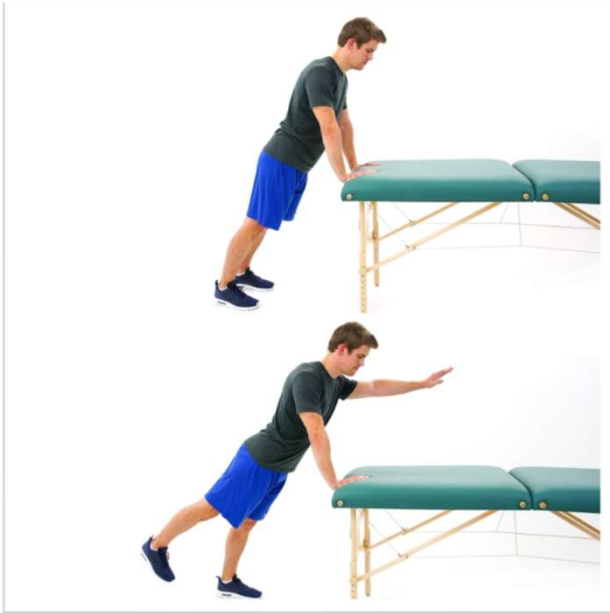
There Are Varies Levels
You Can Try

- ▶ The Following Exercises
Increase In Intensity

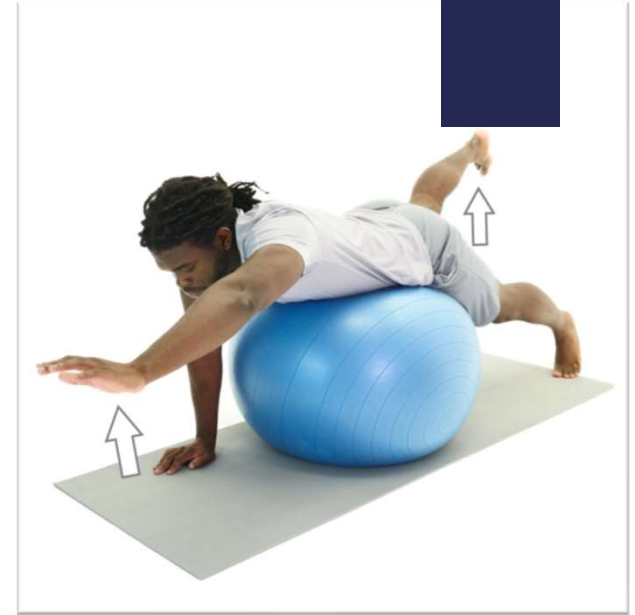




Single Leg Stance

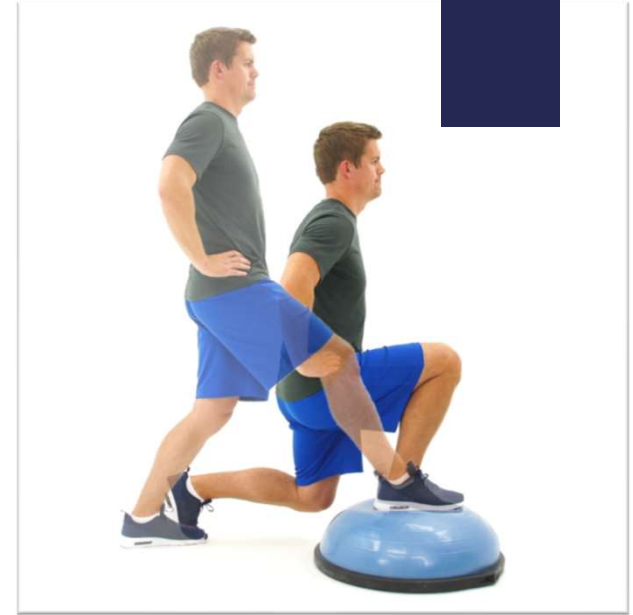


Planks



Possible Equipment Purchase: Exercise Ball

**Use With Caution



Possible Equipment Purchase: Bosu Ball

****Use With Caution**

IRONMAN's Iron Man: 84-year-old Lew Hollander



► https://www.youtube.com/watch?v=lk8KO2Os7k4&t=71s&ab_channel=IRONMANTriathlon

With Practice, Our Bodies Can Do Amazing Things!

Picture Description:

Women Aikido Group In
Novosibirsk, Russia. The
Youngest Member Is 55 Years
Old, And The Oldest Is 75.

