



BERG BALANCE SCALE (BBS)

Instructions:¹⁻⁶

- There are standardized instructions for each item of the BBS.
- Please refer to the protocol for standardized administration of the BBS, including instructions for each item. <http://neuropt.org/practice-resources/anpt-clinical-practice-guidelines/core-outcome-measures-cpg>

Equipment Needed:¹⁻⁶

- Stopwatch
- Standard height chair (18-20 in.) with arm rests
- Standard height chair (18-20 in.) without arm rests
- Step or stool of average height (7 $\frac{3}{4}$ - 9 in.)
- Ruler
- Slipper or shoe

Scoring:¹⁻⁶

- Items are scored on a 5 point ordinal scale.
- Points are deducted for requiring supervision, assistance and/or taking more than the allotted time to complete the task.
- The lowest category that applies should be marked.
- Please refer to the standardized administration of the BBS for item-by-item scoring. This can be found at: <http://neuropt.org/practice-resources/anpt-clinical-practice-guidelines/core-outcome-measures-cpg>

What Does My Patient's Score on the BBS Mean?
With a complete evaluation to interpret the
BBS Score of 6-10 is 7

REFERENCES

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