

Berg Balance Test

Instructions

1. Write score in boxes
2. Add all scores
3. Match Total Score to Modifier Code

Sit to stand	4 ind (independent)	3 uses hands	2 several tries	1 minimal aid	0 mod-max assist	☐
Standing Unsupported	4 2 minutes	3 2 min + supervision	2 30 sec unsupported	1 many tries for 30 secs	0 can not stand 30 secs	☐
Sitting Unsupported	4 2 minutes, safe	3 2 min + supervision	2 30 sec	1 10 sec	0 can not sit 10 secs	☐
Standing to sitting	4 safe, no hands	3 uses hands	2 uses back of legs	1 uncontrolled descent	0 needs assist	☐
Pivot transfer	4 safe, min use of hands	3 safe, use of hands	2 verbal cuing/SBA	1 assist x 1	0 assist x 2	☐
Standing eyes closed	4 10 seconds, safe	3 10 seconds, SBA	2 3 seconds	1 eyes not closed, steady	0 unable, LOB	☐
Stand feet together	4 ind c feet, 1 min, safe	3 ind c feet, 1 min, SBA	2 ind c feet, 30 sec, SBA	1 help c feet, >15 sec	0 help c feet, <15 sec	☐
Reaching	4 >10 inches	3 >5 inches	2 >2 inches	1 needs supervision	0 unable, LOB	☐
Picking up object	4 able and safe	3 able, SBA needed	2 unable, keeps balance	1 unable, needs SBA	0 unable, LOB	☐
Look over shoulders	4 able, equal	3 able, unequal	2 partial turn, safe	1 partial turn, needs SBA	0 unable, LOB	☐
Turn 360 R&L	4 able, <4 secs	3 one way only, <4secs	2 one way only, >4secs	1 close SBA or VCs	0 unable, LOB	☐
Alternate foot to stool	4 8 steps < 20 secs	3 8 steps > 20 secs	2 4 steps with SBA	1 2-4 steps with min A x 1	0 unable, LOB	☐
Tandem stance	4 tandem, 30secs	3 staggered, 30secs	2 small step, 30secs	1 needs help, 15 secs	0 unable, LOB	☐
Single leg stance	4 ind, > 10secs	3 ind, 5-10secs	2 ind, 3-5secs	1 <3secs, stays standing	0 unable, LOB	☐

Goal status = G8979

Current Status = G8978

Discharge Status = G8980

Total Score

Degree of impairment

Modifier Code

0	1-11	12-22	23-33	34-44	45-55	56
100%	80%	60%	40%	20%	10%	0%
CN	CM	CL	CK	CJ	CI	CH

TOTAL

Berg Balance Test Form

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Berg Balance Test Form:

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