

# Scoring Form for Fullerton Advanced Balance (FAB) Scale

Name: \_\_\_\_\_

Date of Test: \_\_\_\_\_

## 1. Stand with feet together and eyes closed

- 0 Unable to obtain the correct standing position independently
- 1 Able to obtain the correct standing position independently but unable to maintain the position or keep the eyes closed for more than 10 seconds
- 2 Able to maintain the correct standing position with eyes closed for more than 10 seconds but less than 30 seconds
- 3 Able to maintain the correct standing position with eyes closed for 30 seconds but requires close supervision
- 4 Able to maintain the correct standing position safely with eyes closed for 30 seconds

## 2. Reach forward to retrieve an object (pencil) held at shoulder height with outstretched arm

- 0 Unable to reach the pencil without taking more than two steps
- 1 Able to reach the pencil but needs to take two steps
- 2 Able to reach the pencil but needs to take one step
- 3 Can reach the pencil without moving the feet but requires supervision
- 4 Can reach the pencil safely and independently without moving the feet

## 3. Turn 360 degrees in right and left directions

- 0 Needs manual assistance while turning
- 1 Needs close supervision or verbal cueing while turning
- 2 Able to turn 360 degrees but takes more than four steps in both directions
- 3 Able to turn 360 degrees but unable to complete in four steps or fewer in one direction
- 4 Able to turn 360 degrees safely taking four steps or fewer in both directions

## \*4. Step up onto and over a 6-inch bench

- 0 Unable to step up onto the bench without loss of balance or manual assistance
- 1 Able to step up onto the bench with leading leg, but trailing leg contacts the bench or leg swings around the bench during the swing-through phase in both directions
- 2 Able to step up onto the bench with leading leg, but trailing leg contacts the bench or swings around the bench during the swing-through phase in one direction
- 3 Able to correctly complete the step up and over in both directions but requires close supervision in one or both directions
- 4 Able to correctly complete the step up and over in both directions safely and independently



**\*5. Tandem walk**

- ( ) 0 Unable to complete 10 steps independently
- ( ) 1 Able to complete the 10 steps with more than five interruptions
- ( ) 2 Able to complete the 10 steps with three to five interruptions
- ( ) 3 Able to complete the 10 steps with one to two interruptions
- ( ) 4 Able to complete the 10 steps independently and with no interruptions

**\*6. Stand on one leg**

- ( ) 0 Unable to try or needs assistance to prevent falling
- ( ) 1 Able to lift leg independently but unable to maintain position for more than 5 seconds
- ( ) 2 Able to lift leg independently and maintain position for more than 5 but less than 12 seconds
- ( ) 3 Able to lift leg independently and maintain position for 12 or more seconds but less than 20 seconds
- ( ) 4 Able to lift leg independently and maintain position for the full 20 seconds

**\*7. Stand on foam with eyes closed**

- ( ) 0 Unable to step onto foam or maintain standing position independently with eyes open
- ( ) 1 Able to step onto foam independently and maintain standing position but unable or unwilling to close eyes
- ( ) 2 Able to step onto foam independently and maintain standing position with eyes closed for 10 seconds or less
- ( ) 3 Able to step onto foam independently and maintain standing position with eyes closed for more than 10 seconds but less than 20 seconds
- ( ) 4 Able to step onto foam independently and maintain standing position with eyes closed for 20 seconds

**Do not introduce test item #8 if test item #4 was not performed safely and/or it is contraindicated to perform this test item (review test administration instructions for contraindications). Score a zero and move to next test item.**

**8. Two-footed jump**

- ( ) 0 Unwilling or unable to attempt or attempts to initiate two-footed jump, but one or both feet do not leave the floor
- ( ) 1 Able to initiate two-footed jump, but one foot either leaves the floor or lands before the other
- ( ) 2 Able to perform two-footed jump, but unable to jump farther than the length of their own feet
- ( ) 3 Able to perform two-footed jump and achieve a distance greater than the length of their own feet
- ( ) 4 Able to perform two-footed jump and achieve a distance greater than twice the length of their own feet



**9. Walk with head turns**

- ( ) 0 Unable to walk 10 steps independently while maintaining 30° head turns at an established pace
- ( ) 1 Able to walk 10 steps independently but unable to complete required number of 30° head turns at an established pace
- ( ) 2 Able to walk 10 steps but veers from a straight line while performing 30° head turns at an established pace
- ( ) 3 Able to walk 10 steps in a straight line while performing 30° head turns at an established pace but head turns less than 30° in one or both directions
- ( ) 4 Able to walk 10 steps in a straight line while performing required number of 30° head turns at established pace

**10. Reactive postural control**

- ( ) 0 Unable to maintain upright balance; no observable attempt to step; requires manual assistance to restore balance
- ( ) 1 Unable to maintain upright balance; takes two or more steps and requires manual assistance to restore balance
- ( ) 2 Unable to maintain upright balance; takes more than two steps but is able to restore balance independently
- ( ) 3 Unable to maintain upright balance; takes two steps but is able to restore balance independently
- ( ) 4 Unable to maintain upright balance but able to restore balance independently with only one step

**TOTAL: 40 POINTS**

**Evaluating Risk for Falls:**

**Long Form Fullerton Advanced Balance (FAB) scale Cut-Off Score: ≤ 25/40 Points**

**Short-Form Fullerton Advanced Balance (FAB) scale Cut-Off Score: ≤ 9/16 Points**