

## The Brief-BESTest: A Suggested Brief Version of the BESTest

### Appendix.

Scoring Form for the Brief Balance Evaluation Systems Test (Brief-BESTest).<sup>a</sup>

#### Brief Balance Evaluation Systems Test

Patient/Subject: \_\_\_\_\_

Examiner: \_\_\_\_\_

Date: \_\_\_\_\_

Flat heel or shoes and socks off.

General Note: "instability" is defined as using more than an ankle strategy to maintain balance (eg, a hip strategy is used).

Section I. Biomechanical Constraints			
Item 1: Hip/Trunk Lateral Strength "Rest fingertips in my hands while you lift your leg to the side and hold, keep trunk vertical. You will hold for 10 s." Count 10 s, watch for straight knee; if they use moderate force on your hands, score as "without keeping trunk vertical."	(3) Normal (10 s with trunk vertical) bilateral (2) Mild (10 s without trunk vertical) bilateral (1) Moderate (1 hip abducts with trunk vertical) (0) Severe (neither hip, 10 s and vertical or not vertical)--cannot abduct either hip 10 s, with or without trunk vertical		
Section II. Stability Limits			
Item 2: Functional Reach Forward "Stand normally; lift both arms straight in front of you; reach as far forward as you can with arms parallel to the ruler without lifting your heels." 2 attempts Observe that patient does not lift heels, rotate trunk, or protract scapula. Watch for vertical initial alignment. Record best reach.	(3) >32 cm (12.5 in) (2) 16.5–32 cm (6.5–12.5 in) (1) <16.5 cm (6.5 in) (0) No measurable lean (or must be caught)	Trial 1 (cm or in)	
		Trial 2 (cm or in)	
Section III. Transitions–Anticipatory Postural Adjustment			
Items 3 and 4: Stand on One Leg–Left and Right "Look ahead; hands must stay on hips; bend one leg behind you; stand on 1 leg as long as you can for up to 30 s. Do not let your lifted leg touch the other leg." Allow 2 attempts, record best attempt; record time up to 30 s (stop time if hands off hips or leg on floor or leg touches supporting leg).	(3) Normal (stable >20 s) (2) Trunk motion OR 10–20 s (1) Stand 2–10 s (0) Unable	Left Seconds	
		Right Seconds	
Section IV. Reactive Postural Response			
Items 5 and 6: Compensatory Stepping–Lateral, Left and Right "Stand with feet nearly together; lean into my hands; I will remove my hands; do whatever necessary to keep balance, trying to take 1 step." Note: Stand next to and behind participant. Place hand on greater trochanter and brace yourself to hold the person's weight shifted to supported leg.	(3) Recovers with 1 side/crossover step (2) Several steps to recover independently (1) Steps but needs assist to prevent fall (0) No step OR falls	Left Right	
Section V. Sensory Orientation			
Item 7: Stance With Eyes Closed, on Foam Surface "Stand on foam with your eyes closed, your hands on your hips, and your feet close but not touching. Start by looking straight ahead, and I will start timing when you close your eyes. Stay as stable as possible and try to keep your eyes closed for the entire time. The goal is 30 s." Two trials, if necessary. Patient must step off foam between trials.	(3) 30 s stable (2) 30 s unstable (1) <30 s (0) Unable	Trial 1 (s)	
		Trial 2 (s)	
Section VI. Stability in Gait			
Item 8: Timed "Up & Go" Test "When I say 'go,' stand up and walk quickly but safely to the tape, turn, and walk back and sit in chair." Start with back against chair, stop timing when buttocks hit the chair; chair should have arms to push from, if necessary. Imbalance might include trips or lateral/backward stumbles or crossovers.	(3) Fast, <11 s, good balance (2) Slow, >11 s, good balance (1) Fast, <11 s, imbalance (0) Slow, >11 s, imbalance	Time (s)	
<b>TOTAL:</b>			

<sup>a</sup> The scoring form for the Brief-BESTest examination may not be used or reproduced without written permission of the authors.