

Orange text indicates that the reference was also critically appraised and cited in the publication "A Core Set of Outcome Measures for Adults with Neurologic Conditions Undergoing Rehabilitation: A Clinical Practice Guideline". Journal of Neurologic Physical Therapy 2018; 42(2):174-220.

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 ¾ - 9 in.)
- Ruler
- Slipper or shoe

Considerations:

- Assistive devices should not be used when performing the BBS.

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 Mean?

Cut-off scores may be used in conjunction with a complete evaluation to interpret the meaning of a patient's score on the BBS

- Non-Specific/Older Adults
 - Cutoff Score: ≤ 40 almost 100% fall risk⁷
 - Cutoff Score: ≤ 50 fall risk⁸

What Constitutes a Change in Berg Score?

Change can be determined using values of Minimal Detectable Change (MDC) and Minimal Clinically Important Difference (MCID). MDC is the minimal change required to ensure the change is not the result of measurement error. MCID is the minimal change required for the patient to also feel an improvement in the construct being measured.

- Stroke
 - MDC (acute): 6-7 points²
 - MDC (chronic): 4.66 points (superscript 2) to 6.7 points¹⁰
- Parkinson's Disease (Hoehn & Yahr stages 1-4)
 - MDC: 5 points³
- Huntington's Disease
 - MDC (premanifest HD): 1 point¹¹
 - MDC (early-stage HD): 4 points¹¹
 - MDC (middle and late-stage): 5 points¹¹

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