

# Berg Balance Scale

## A Test to Measure Balance

### What's the purpose?

The Berg Balance Scale measures your ability to balance, which helps your therapist assess your risk of falling. Understanding your risk of falling is important in developing your rehabilitation plan. This test includes 14 balance-related tasks and takes about 20 minutes.

### What do I have to do?

- Stand from a sitting position
- Stand without assistance
- Sit without assistance
- Sit down from a standing position
- Transfer from a bed to a chair
- Stand with your eyes closed
- Stand with your feet together
- Reach forward with your arms
- Pick an object up from the floor
- Look behind yourself while standing
- Turn 360 degrees while standing
- Place your foot on a stool while standing
- Stand with one foot in front of the other
- Stand on one foot



*Have a conversation with your healthcare provider about what the results mean for you as an individual.*

### What does my score mean?

The tasks are scored from 0 to 4 based on how much assistance you need. A score of 4 is given if you complete the task without assistance. A lower overall score indicates you are at a higher risk of falling.



To see a full summary of this instrument and more, visit [sralab.org/rehabilitation-measures](http://sralab.org/rehabilitation-measures).  
Questions? Email [rehabmeasures@sralab.org](mailto:rehabmeasures@sralab.org) or call 312.238.2802

