

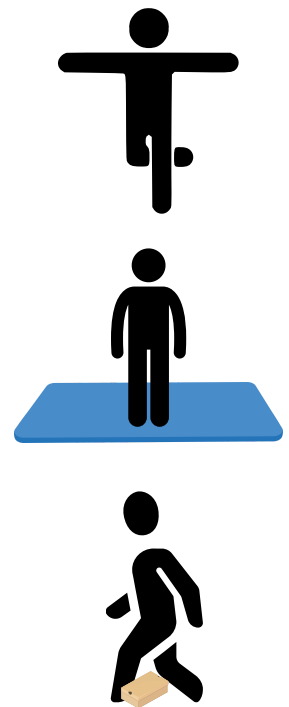
Mini Balance Evaluation Systems Test

What's the purpose?

The Mini Balance Evaluation Test evaluates your balance and how you walk. The test will help your therapist plan your rehabilitation program and it can also provide information on your risk for falling. It is often used with people who have neurological conditions, balance disorders, cognitive impairment and in people who have had a stroke. It takes between 10 and 15 minutes to complete.

What do I have to do?

- Stand from a sitting position with your arms crossed in front of your chest.
- Stand on your toes for 3 seconds.
- Stand on one leg, then the other.
- Lean forward against your therapist's hands. When the hands are pulled away, do what you need to do to regain balance.
- Lean back against your therapist's hands. When the hands are pulled away, do what you need to do to regain balance.
- Lean to the side against your therapist's hands. When the hands are pulled away, do what you need to do to regain balance.
- On a firm surface, like the floor, place your hands on your hips and stand still.
- On a foam mat, stand with your feet together with your eyes closed.
- Stand on an inclined ramp with your eyes closed.
- Walk at a normal pace, and when your therapist tells you, speed up.
- Walk while turning your head to the left and to the right.
- Walk forward, and when your therapists tells you, turn around in the opposite direction and stop.
- Walk forward, step over a box and keep walking.
- When your therapist says 'Go,' stand up from a chair, walk to a point marked on the floor, turn around and sit back down in the chair.



What does my score mean?

Each of the tasks is scored from 0 to 2. A score of 0 means that you had difficulty doing the task and a score of 2 means you completed the task without difficulty. The lowest possible overall score is 0 and the highest is 28. Lower scores indicate poorer balance while higher scores indicate better balance. A score lower than 16 means that you are at an increased risk of for falling due to balance problems. Your score on this test can help your therapist decide what to include in your rehabilitation plan. Taking the test again after working with your therapist can show if you have made improvements.



Have a conversation with your healthcare provider about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802

