

# Pediatric Balance Scale

## What's the purpose?

The Pediatric Balance Scale is used to evaluate balance skills in children 3 to 18 years old. It measures how well the child maintains control of their body while moving. It is often used in children with mobility problems. This test includes 14 balance-related tasks and takes about 20 minutes.

## What will the child have to do?

A therapist will show the child how to do each task. The child will have three chances to perform each task, and the best score among the three trials is used for calculating the final score.

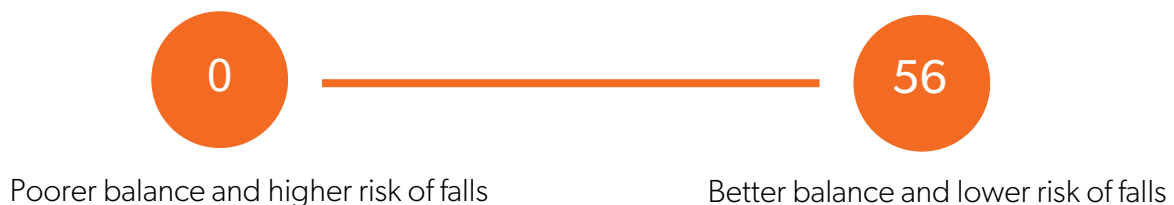
- Stand from a sitting position
- Sit down from a standing position
- Transfer from a bed to a chair
- Stand without assistance
- Sit without assistance
- Stand with your eyes closed
- Stand with feet together
- Stand with one foot in front of the other
- Stand on one foot
- Turn 360 degrees while standing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



## What does the child's score mean?

Each task is scored from 0 points (needs assistance to complete the task) to 4 points (can do the task safely and independently) for a maximum score of 56 points. Higher total scores mean that the child has good ability to maintain balance and is at a lower risk for falls. Lower scores indicate balance problems and higher risk for falls. Scores that indicate limited balance that may require further evaluation are different for different age groups and are condition-specific.

Be sure to talk to your therapist about what your child's score means.



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

