Tinetti Scale

Balance and gait to estimate the risk of falls · 0 to 28 points

Bal	**Balance** sitting, rising, standing, turning…	**0-16 pt**
Gait	**Gait** initiation, step length, symmetry, stability…	**0-12 pt**
Total	**Balance + gait**	**0-28 pt**

≤ 18	19 - 23	24 - 28
High risk of falls	Moderate risk	Low risk

The opposite direction of most risk scores: the lower the score, the higher the risk of falls