

BERG - Initial Visit

Today's Date: ____ / ____ / ____

Date of Birth: ____ / ____ / ____

Name: _____

Please rate your pain level with activity:

0	1	2	3	4	5	6	7	8	9	10
NO PAIN					VERY SEVERE PAIN					

INSTRUCTIONS: On a scale of 0 to 10, how confident are you that you can do each of these activities without falling, with 0 meaning "not confident/not sure at all", 5 being "fairly confident/fairly sure", and 10 being "completely confident/completely sure"?

If you have stopped doing the activity at least partly because of being afraid of falling, score a 0;

If you have stopped an activity purely because of a physical problem, leave that item blank

If you do not currently do the activity for other reasons, please rate that item based on how you perceive you would rate if you had to do the activity today.

Sitting to Standing

Tell the patient to stand up and try not to use his hand for support.

0: Needs moderate or maximal assist to stand

1: Needs minimal aid to stand or stabilize

2: Able to stand using hands after several tries

3: Able to stand independently using hands

4: Able to stand without using hands and stabilize independently

Standing Unsupported

Please stand for two minutes without holding on.

0: Unable to stand 30 seconds unsupported

1: Needs several tries to stand 30 seconds unsupported

2: Able to stand 30 seconds unsupported

3: Able to stand 2 minutes with supervision

4: Able to stand safely for 2 minutes

Sitting with Back Unsupported but Feet Supported on Floor or on a Stool

Please sit with arms folded for 2 minutes.

0: Unable to sit without support 10 seconds

1: Able to sit 10 seconds

2: Able to sit 30 seconds

3: Able to sit 2 minutes under supervision

4: Able to sit safely and securely for 2 minutes

Standing to Sitting

Please sit down.

0: Needs assist to sit

1: Sits independently but has uncontrolled descent

2: Uses back of legs against chair to control descent

3: Controls descent by using hands

4: Sits safely with minimal use of hands

Transfers

Arrange chair(s) for pivot transfer. Ask subject to transfer one way toward a seat with armrests and one way toward a seat without armrests. You may use two chairs (one with and one without armrests) or a bed and a chair.

0: Needs two people to assist or supervise to be safe

1: Needs one person to assist

2: Able to transfer with verbal cuing and/or supervision

3: Able to transfer safely definite need of hands

4: Able to transfer safely with minor use of hands

Standing Unsupported with Eyes Closed

Please close your eyes and stand still for 10 seconds.

- 0: Needs help to keep from falling
- 1: Unable to keep eyes closed 3 seconds but stays safely
- 2: Able to stand 3 seconds
- 3: Able to stand 10 seconds with supervision
- 4: Able to stand 10 seconds safely

Standing Unsupported with Feet Together

Place your feet together and stand without holding on.

- 0: Needs help to attain position and unable to hold for 15 seconds
- 1: Needs help to attain position but able to stand 15 seconds feet together
- 2: Able to place feet together independently but unable to hold for 30 seconds
- 3: Able to place feet together independently and stand 1 minute with supervision
- 4: Able to place feet together independently and stand 1 minute safely

Reaching Forward with Outstretched Arm While Standing

Lift arm to 90 degrees. Stretch out your fingers and reach forward as far as you can. (Examiner places a ruler at the end of fingertips when arm is at 90 degrees. Fingers should not touch the ruler while reaching forward. The recorded measure is the distance forward that the fingers reach while the subject is in the most forward lean position. When possible, ask subject to use both arms when reaching to avoid rotation of the trunk.)

- 0: Loses balance while trying/requires external support
- 1: Reaches forward but needs supervision
- 2: Can reach forward 5 cm (2 inches)
- 3: Can reach forward 12 cm (5 inches)
- 4: Can reach forward confidently 25 cm (10 inches)

Pick up Object from the Floor from a Standing Position

Pick up the shoe/slipper, which is place in front of your feet.

0: Unable to try/needs assist to keep from losing balance or falling

1: Unable to pick up and needs supervision while trying

2: Unable to pick up but reaches 25 cm(12 inches) from slipper and keeps balance independently

3: Able to pick up slipper but needs supervision

4: Able to pick up slipper safely and easily

Turning to Look Behind Over Left and Right Shoulders While Standing

Turn to look directly behind you over toward the left shoulder. Repeat to the right. Examiner may pick an object to look at directly behind the subject to encourage a better twist turn.

0: Needs assist to keep from losing balance or falling

1: Needs supervision when turning

2: Turns sideways only but maintains balance

3: Looks behind one side only other side shows less weight shift

4: Looks behind from both sides and weight shifts wel

Turn 360 Degrees

Turn completely around in a full circle.

0: Needs assistance while turning

1: Needs close supervision or verbal cuing

2: Able to turn 360 degrees safely but slowly

3: Able to turn 360 degrees safely one side only 4 seconds or less

4: Able to turn 360 degrees safely in 4 seconds or less

Place Alternate Foot on Step or Stool While Standing Unsupported

Place each foot alternately on the step/stool. Continue until each foot has touch the step/stool four times.

- 0: Needs assistance to keep from falling/unable to try
- 1: Able to complete > 2 steps needs minimal assist
- 2: Able to complete 4 steps without aid with supervision
- 3: Able to stand independently and complete 8 steps in > 20 seconds
- 4: Able to stand independently and safely and complete 8 steps in 20 seconds

Standing Unsupported One Foot in Front

(DEMONSTRATE TO SUBJECT) Place one foot directly in front of the other. If you feel that you cannot place your foot directly in front, try to step far enough ahead that the heel of your forward foot is ahead of the toes of the other foot. (To score 3 points, the length of the step should exceed the length of the other foot and the width of the stance should approximate the subject's normal stride width.)

- 0: Loses balance while stepping or standing
- 1: Needs help to step but can hold 15 seconds
- 2: Able to take small step independently and hold 30 seconds
- 3: Able to place foot ahead independently and hold 30 seconds
- 4: Able to place foot tandem independently and hold 30 seconds

Standing On One Leg

Stand on one leg as long as you can without holding on.

- 0: Unable to try or needs assist to prevent fall
- 1: Tries to lift leg unable to hold 3 seconds but remains standing independently
- 2: Able to lift leg independently and hold > or equal to 3 seconds
- 3: Able to lift leg independently and hold 5-10 seconds
- 4: Able to lift leg independently and hold > 10 seconds