

## Functional Balance Scale

Score: \_\_\_\_\_

### 1. Sitting Balance

11. Sitting unsupported for \_\_\_\_\_

(Indicate all that apply to this item.)

- 01. Able to sit unsupported for 2 minutes
- 02. Able to sit unsupported for 1 minute
- 03. Able to sit for 30 seconds
- 04. Able to sit for 15 seconds
- 05. Unable to sit unsupported for 15 seconds

### 2. Standing Balance

12. Standing unsupported for \_\_\_\_\_

(Indicate all that apply to this item.)

- 01. Able to stand for 2 minutes
- 02. Able to stand for 1 minute with assistance
- 03. Able to stand for 30 seconds
- 04. Unable to stand for 30 seconds
- 05. Unable to stand for 15 seconds

13. Standing unsupported with eyes closed for \_\_\_\_\_

(Indicate all that apply to this item.)

- 01. Able to stand for 30 seconds safely
- 02. Able to stand for 15 seconds with assistance
- 03. Able to stand 1 minute
- 04. Unable to stand for 15 seconds and subsequently
- 05. Unable to stand for 10 seconds

14. Standing with eyes closed with feet together for \_\_\_\_\_

(Indicate all that apply to this item.)

# Sitting Balance Assessment Tool Sitbat General Instructions

**M Woodhall**



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