

# Scoring Form for Fullerton Advanced Balance (FAB) Scale

Trial 1 Date/ Initials: \_\_\_\_\_  
Score: \_\_\_\_ / 40

Trial 2 Date/ Initials:: \_\_\_\_\_  
Score: \_\_\_\_ / 40

Trial 3 Date/ Initials: \_\_\_\_\_  
Score: \_\_\_\_ / 40

Trial 4 Date/ Initials: \_\_\_\_\_  
Score: \_\_\_\_ / 40

≤ 25/40 risk of fall ( long form)

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### 1. STANDING FEET TOGETHER, EYES CLOSED

*"Bring feet together, fold arms, close eyes."*

- 4 Maintain safely 30 sec, eyes closed
- 3 Maintain 30 sec with close supervision, eyes closed
- 2 Maintain more than 10 sec less than 30 sec, eyes closed
- 1 Maintain more than 10 sec, eyes closed
- 0 Unable to obtain correct position independently

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

### 2. FORWARD REACH

*"Lean forward to reach 10inch without moving your feet."*

- 4 Able to reach, without moving feet, independently
- 3 Able to reach, without moving feet, supervision
- 2 Able to reach, takes one step
- 1 Able to reach, takes two steps
- 0 Unable to reach without taking more than two steps

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

### 3. TURN 360 degrees Right/Left

*"Turn full circle, pause then turn in the opposite direction."*

- 4 Turn 360 safely in 4 steps or fewer in both directions
- 3 Turns 360 ,unable to complete in 4 steps or fewer in one direction
- 2 Turns 360,takes more than 4 steps in both direction
- 1 Needs close supervision or cueing
- 0 Needs manual assist

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

### 4. STEP UP & OVER 6 inch bench

*"Step on bench swing opposite leg directly up and over bench."*

- 4 Complete step up and over in both directions independently
- 3 Completes in both directions requires supervision in one or both directions
- 2 Able to step onto bench with leading leg, trail leg contact bench or swings around in one direction
- 1 Able to step onto bench with leading leg, trail leg contact bench or swings around in both directions
- 0 Unable, LOB or manual assistance provided

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

### 5. TANDEM WALK

*"Walk forward in a straight line, place one foot directly in front of the other."*

- 4 Able to complete 10 steps independently
- 3 Able to complete 10 steps with 1-2 interruptions
- 2 Able to complete 10 steps with 3-5 interruptions
- 1 Able to complete 10 steps with more than 5 interruptions
- 0 Unable to complete 10 steps independently

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

### 6. STAND ON ONE LEG

*"Fold arms across chest, lift one leg off floor."*

- 4 Able to lift leg and maintain for full 20 sec
- 3 Able to lift leg and maintain for 12 sec or more but less than 20 sec
- 2 Able to lift leg and maintain for more than 5 sec but less than 12 sec
- 1 Able to lift leg and maintain for more than 5 sec
- 0 Unable to or needs assistance

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

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Therapist Signature/ Initials

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### 7. STAND on FOAM & EYES CLOSED

*"Step onto foam, feet shoulder width apart, cross arms over chest and eyes closed."*

- 4 Able to step onto foam and maintain standing with eyes closed for 20 sec
- 3 Able to step onto foam and maintain standing with eyes closed for more than 10 sec but less than 20 sec
- 2 Able to step onto foam and maintain standing with eyes closed for 10 sec or less
- 1 Able to step onto foam and maintain standing but unable/ unwilling to close eyes
- 0 Unable to step onto foam and maintain with eyes open

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

### 8. TWO – FOOTED JUMP

*"Jump as far but safely as you can. Make sure that both feet leave the floor and land at same time."*

- 4 Able to perform two-footed jump and achieve a distance greater than twice the length of their own feet
- 3 Able to jump two-footed jump and achieve a distance greater than length of their own feet
- 2 Able to perform two-footed jump, but unable to jump farther than the length of their own feet
- 1 Able to initiate two- footed jump, but one foot either leaves or lands before the other
- 0 Unwilling , unable to attempt,or attempts but one or both feet do not leave the floor

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

### 9. WALK with HEAD TURNS

*"Turn your head to the beat of metronome then start walking forward while turning head side to side with each beat of the metronome."*

- 4 Able to walk 10 steps in a straight line while performing required number of 30 degree head turns at established pace
- 3 Able to walk 10 steps in straight path while performing 30 degree head turns at the established pace but head turns less than 30 degrees in one or both directions
- 2 Able to walk 10 steps but veers from straight line while performing 30 degree head turns at established pace
- 1 Able to walk 10 steps but unable to complete required number of 30 degree head turns at established pace
- 0 Unable to walk 10 steps while maintaining 30 degree head turn at established pace

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

### 10. REACTIVE POSTURAL CONTROL

*"Slowly lean back into my hand until I ask you to stop."*

- 4 Unable to maintain upright balance but able to restore balance independently with only one step
- 3 Unable to maintain upright balance, takes two steps but able to restore balance independently
- 2 Unable to maintain upright balance, takes more than two steps but able to restore balance independently
- 1 Unable to maintain upright balance, takes two or more steps and requires manual assist
- 0 Unable to maintain upright balance, no observable attempt to step, requires manual assist

Trial: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

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Therapist Signature/ Initials