

Scoring and Analysis Assessment Results Form

Name of person

Date

The Fullerton Advanced Balance (FAB) Scale

Procedure: This scale is designed to assess the balance of very active adults.

Three-Level Performance Rating

Possible Points: 40 Points **You scored:** _____

Comments

Scoring: Scores range from 0 to 40, with higher scores indicating better balance.

Category Interpretation:

Poor: 0-24

Fair: 25-30

Good: 31-36

Excellent 37-40

Note: A score of 25/40 produces the highest sensitivity (74.6%) and specificity (52.6%) in predicting fall risk. In seven out of ten cases, an individual who scores 25 or lower is at a high risk for falls.

Adapted with permission from California State University, Fullerton.

TUG Test: Timed Up & Go

Procedure: Measures Functional Mobility

Three-Level Performance Rating

You scored: _____

Comments

Scoring:

< 10 seconds = normal

< 20 seconds = good mobility; can walk outside alone; does not require a walking aid

< 30 seconds = walking and balance problems; cannot walk outside alone; requires walking aid

Note: Older adults who take longer than 13.5 seconds to complete the TUG have a high risk for falls

The 10 Meter Walk Test (10 MWT):

Purpose: The 10-Meter Walk Test measures walking speed over a short distance and is commonly used to assess gait performance and functional mobility.

Three-Level Performance Rating

You scored: _____

Comments:

Equipment

Stopwatch

Measuring tape

10-meter walkway marked with start and finish lines

Procedure

The participant walks a measured 10-meter distance at a comfortable pace. Timing typically begins after the initial acceleration phase and stops before the deceleration phase to capture steady-state walking speed.

Testing

Walking speed is calculated in meters per second using the formula:

Walking speed (m/s) = distance ÷ time

Interpretation

Walking speed is widely used as an indicator of functional mobility and overall health status. Results can be compared with established reference values in the clinical literature to evaluate mobility performance and monitor changes over time.

Example Calculation

If a participant walks 10 meters in 10 seconds:

$$10 \text{ m} \div 10 \text{ s} = 1.0 \text{ m/s}$$

$$\text{Walking speed} = 1.0 \text{ m/s}$$

Reference

(Bohannon 15)

The 6-Minute Walk Test (6-MWT)

Purpose: The 6-Minute Walk Test evaluates a person's endurance capacity by measuring the distance walked over six minutes. Typically, a healthy individual can walk between 300 and 800 meters. In people with Parkinson's disease (PWP), 6-Minute Walk Test distances vary widely, ranging from 152.7 to 613.6 meters, with an average distance of approximately 394.1 meters.

Three-Tier Scoring Scale

You scored: _____

Comments:

Note: Test procedures are based on guidelines from the American Thoracic Society; normative values are summarized from published geriatric research (American Thoracic Society 111).

The 30-Second Chair Stand Test

Purpose: This test assesses leg strength and endurance.

Three-Tier Scoring Scale

You scored: _____

Comments:

30- Second Chair Stand Scoring						
AGE	Below Average	Men Average	Above Average	Below Average	Women Average	Above Average
60-64	< 14	14-19	> 19	<12	12-17	> 17
65-69	< 12	12-18	> 18	<11	11-16	> 16
70-74	< 12	12-17	> 17	<10	10-15	> 15
75-79	< 11	11-17	> 17	<10	10-15	> 15
80-84	<10	10-15	> 15	<09	09-14	> 14
85-89	<08	08-14	> 14	<08	08-13	> 13
90-94	<07	07-12	> 12	<04	04-11	>11

A below-average score indicates a risk for falls.

Note. Age-based normative values summarized from published geriatric fitness research.
Table Adapted with permission from the Academy of Neurologic Physical Therapy.

The Berg Balance Scale (BBS) Assessment

Purpose: This assessment evaluates static and dynamic balance in older adults and individuals with balance disorders during daily activities. It is especially helpful for those at risk of falling.

14 Scoring Categories. 56 points possible.

Item Description Score (0-4)

You scored: _____

1. Sitting to standing _____
2. Standing unsupported _____
3. Sitting unsupported _____
4. Standing to sitting _____
5. Transfers _____
6. Standing with eyes closed _____
7. Standing with feet together _____
8. Reaching forward with outstretched arm _____
9. Retrieving object from floor _____
10. Turning to look behind _____
11. Turning 360 degrees _____
12. Placing alternate foot on stool _____
13. Standing with one foot in front _____
14. Standing on one foot _____

Total _____

Comments:

Note. Scoring criteria summarized from the Berg Balance Scale (Berg et al.).

Seated Medicine Ball Throw Test (SMBTT)

Purpose: This test measures assessment of high-velocity strength, power, and function necessary for performing activities of daily living (ADL) like pushing open heavy doors, moving furniture, carrying groceries, lifting objects, and placing boxes or household items in overhead spaces. It also looks at the upper body (arm) strength and explosive power ability. By keeping the back in contact with the wall the strength of the arms only are tested.

Note: Perform the first SMBT after 4–6 weeks of progressive strength training to ensure adequate preparation and safe power expression. Normative values for older adults are still emerging; however, applied scoring thresholds developed by Robert Linkul, based on the validation study by Harris et al. (2011), provide practical clinical guidance.

It's important to take this into consideration when evaluating the throw distances for different age groups. Although this approach introduces some variability, it still provides measurable distances that can be used for comparison and guidance.

Robert Linkul is an internationally recognized expert in strength training for older adults. He holds a master's degree in personal training and has received several prestigious awards from the National Strength and Conditioning Association (NSCA). These honors include being named the NSCA's Personal Trainer of the Year in 2012, being inducted as a Fellow of the NSCA in 2017, and being elected to the NSCA Board of Directors in 2021 as the Personal Trainer representative.

For more information, visit trainingtheolderadult.com.

SMBTT Scores: Attempt 1: _____ Distance feet/inches
 Attempt 2: _____ Distance feet/inches
 Attempt 3: _____ Distance feet/inches

Longest Throw: _____ feet @ _____ lbs. _____ age group
 _____ feet for age _____ @ _____ lbs.

Comments:

Medicine Ball Throw Norms for Older Adults (TOA)

Age Group (yrs)	Men 8lbs	Women 6 lbs
60–64	>10	>9
65–69	>9.5	>9
70–74	>9	>8.5
75–79	>8.5	>8
80–84	>8	>8
85–89	>7.5	>7.5
90–94	>7	>6

Safety Note: When interpreting throw distances, starting ball weight must be taken into consideration. The SMBTT is validated for older adults; however, for individuals with Parkinson’s disease (PWP), weight selection should be conservative and progressed gradually. As a general guideline, men may begin with a 6-lb medicine ball and progress toward 8 lb, while women may begin with a 4-lb ball and progress toward 6 lb as tolerated. Although varying ball weight introduces some variability, distances remain measurable and clinically useful for comparison and progression.

Note. Test validated by Harris et al. (2011). Age-based scoring thresholds adapted from Training of the Older Adult (Robert Linkul).