#### Kansas University Standing Balance Scale

1. Patient performs 25% or less of standing activity. (Maximum assist).
2. Patient supports self with upper extremities but requires therapist assistance. Patient performs 25-50% of effort. (Moderate assist).

**1+** Patient supports self with upper extremities but requires therapist assistance. Patient performs >50% of effort. (Minimal effort).

1. Patient supports self independently with **both** upper extremities. (i.e. walker, parallel bars, crutches).

**2+** Patient supports self independently with 1 upper extremity. (i.e. cane, parallel bar, 1 crutch).

1. Patient stands independently without upper extremity support for up to 30 seconds.

**3+** Patient stands independently without upper extremity support for up to 30 seconds or greater.

1. Patient independently moves and returns center of gravity 1-2 inches in one plane.

**4+** Patient independently moves and returns center of gravity 1-2 inches in multiple planes.

1. Patient independently moves and returns center of gravity in all planes greater than 2 inches. e.g. able to grasp and move object, throw ball.

#### Kansas University Sitting Balance Scale

**0** Client performs 25% or less of sitting activity (max assist).

**1**  Client supports self with UEs, but requires therapist assistance. Client performs 25% to 50% of effort (mod assist).

1+ Client supports self with UEs, but requires therapist assistance. Client performs greater than 50% of effort (min assist)

2 Client supports self independently with both UEs.

2+ Client supports self independently with 1 UE.

3 Client sits without UE support for up to 30 seconds.

3+ Client sits without UE support for 30 seconds or greater.

4 Client moves and returns truncal midpoint 1 to 2 inches in one plane.

4+ Client moves and returns truncal midpoint 1 to 2 inches in multiple planes.

5 Client moves and returns truncal midpoint in all planes greater than 2 inches (e.g. able to grasp and move object; react to unanticipated challenges, such as external force, catching a ball, or hitting a balloon.