

Kansas University Standing Balance Scale

- 0** Patient performs 25% or less of standing activity. (Maximum assist).
- 1** 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).
- 2** 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).
- 3** 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.
- 4** 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.
- 5** 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).