



GUIDELINES FOR SITTING AND STANDING BALANCE

Static	Dynamic
0/9 Dependent to maintain balance	Dependent to maintain balance
1/9 (Poor-)Max assistance to maintain position	Unable to move from midline voluntarily, requires max assist to right themselves
2/9 (Poor) Mod assistance to maintain position	Able to move $\frac{1}{4}$ to $\frac{1}{2}$ range, but requires mod assist to return to center
3/9 (Poor +)Minimum assistance to maintain	Able to move through $\frac{1}{2}$ range but requires minimum assistance to return to right themselves
4/9 (Fair-) Contact guard assistance to maintain	Able to perform dynamic activities through partial range (50-75%) with CGA
5/9 (Fair) Maintains position without physical assistance <2 minutes (may require supervision or verbal cues)	Able to perform dynamic activities through 75% of range with CGA or partial range (50-75%) with supervision
6/9 (Fair+)Maintains position without physical assistance >2 minutes (may require supervision or verbal cues)	Able to perform dynamic activities through a full ROM with supervision (reaching in all directions)
7/9 (Good-)Maintains position against minimum resistance	Independent in basic dynamic activities (ie ambulating on level surfaces in a straight line; sitting and picking up objects off the floor)
8/9 (Good) Maintains position against moderate resistance	Independent in functional dynamic activities (ie ambulating on unlevel surfaces or turns, catching a ball)
9/9 (Good+) Maintains position against maximum resistance	Independent in high level dynamic balance activities (ie single limb stance, balance board, tandem walking, sitting on ball)

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