

Objective: Balance Grading Review

Static Sitting

Normal	Able to maintain balance against maximal resistance
Good	Able to maintain balance against moderate resistance
G-/F+	Accepts minimal resistance
Fair	Able to sit unsupported without balance loss and without UE support
Poor+	Able to maintain with minimal assistance from individual or chair
Poor	Unable to maintain balance - requires mod/max support from individual or chair

Dynamic Sitting

Normal	Able to sit unsupported & weight shift across midline maximally
Good	Able to sit unsupported & weight shift across midline moderately
G-/F+	Able to sit unsupported and weight shift across midline minimally
Fair	Minimal weight shifting ipsilateral/front, difficulty crossing midline
Fair-	Reach to ipsilateral side and unable to weight shift
Poor+	Able to sit unsupported with min A and reach to ipsilateral side, unable to weight shift
Poor	Able to sit unsupported with Mod A and reach ipsilateral/front - can't cross midline

Objective: Balance Grading Review

Static Standing

Normal	Able to maintain standing balance against maximal resistance
Good	Able to maintain standing balance against moderate resistance
G-/F+	Able to maintain standing balance against minimal resistance
Fair	Able to stand unsupported without UE support and without LOB for 1-2 min
Fair-	Requires Min A or UE support in order to stand without LOB
Poor+	Requires Mod A and UE support to maintain standing without balance loss
Poor	Requires Max A and UE support to maintain standing balance without loss

Dynamic Standing

Normal	Stand independently unsupported, able to weight shift and cross midline maximally
Good	Stand independently unsupported, able to weight shift and cross midline moderately
G-/F+	Stand independently unsupported, able to weight shift across midline minimally
Fair	Stand independently unsupported, weight shift, and reach ipsilaterally, LOB when crossing midline
Poor+	Able to stand with Min A and reach ipsilaterally, unable to weight shift
Poor	Able to stand with Mod A and minimally reach ipsilaterally, unable to cross midline

Movement	Functional Range of Motion Measurement (in degrees)	Normal Range of Motion Measurement (in degrees)
Hip flexion	Gait on level surfaces: 30 Ascending stairs: 47-66 Descending stairs: 45 Sitting in average chair: 112 Squatting: 115 Donning socks: 120	120
Knee flexion	Gait on level surfaces: 63 Ascend stairs: 93-105 Descend stairs: 87-107 Rise from chair: 90 Sit in chair: 93 Tie shoes: 106 Lift object from floor: 117	135
Ankle dorsiflexion	Gait on level surfaces: 10 Ascending stairs: 14-27 Descending stairs: 21-36	20 (from neutral)
Ankle plantarflexion	Gait on level surfaces: 15 Ascending stairs: 25-30 Descending stairs: 24-31	50 (from neutral)
Shoulder flexion	Reaching into high shelf: 148	180