



Physical Therapy & Vestibular Rehabilitation

Wendy Webb Schoenewald, PT, OCS • Viviann C. Bailey, MSPT

Anne Haneman, PT • Theresa Bradish, PTA

Lisa Rumer, PTA, CMT

BALANCE SELF TEST

To help determine if you may be headed for a fall, take the Balance Self Test below. If you answer yes to one or more of the questions, you could be at risk. The best way to determine if you have a problem, though, is to talk with your physician who might recommend that you get a balance screening test from a qualified clinician.

1. Have you fallen more than once in the past year? Yes No
2. Do you take medicine for two or more of the following diseases?
Heart disease, hypertension, arthritis, anxiety, depression? Yes No
3. Do you feel dizzy or unsteady if you make sudden changes in
movement such as bending down or quickly turning? Yes No
4. Do you have black-outs or seizures? Yes No
5. Have you experienced a stroke or other neurological problem
that has affected your balance? Yes No
6. Do you experience numbness or loss of sensation in your legs
and/or feet? Yes No
7. Do you use a walker or cane, or do you need assistance to get
around? Yes No
8. Are you inactive? (Answer yes if you do not participate in a
regular form of exercise, such as walking or exercising 20-30
minutes at least three times per week) Yes No
9. Do you feel unsteady when you are walking or climbing stairs? Yes No
10. Do you have difficulty sitting down or rising from a seated or
lying position? Yes No