Mini-BESTest: Item-by-Item Guide

Condensed from the official form (OHSU 2005-2013, via SRALab). Read the instruction script as written on the official form. Score each item 0-2; maximum 28.

#	Domain	Item	How to run it	Score 2 (normal)	Score 1 (moderate)	Score 0 (severe)
1	Anticipatory	Sit to stand	Arms crossed on chest; do not lean legs on the chair; "stand up now." Note hand use	Stands without hands and stabilizes	Stands using hands on the first attempt	Cannot stand unaided, OR needs several attempts with
2	Anticipatory	Rise to toes	Feet shoulder-width, hands on hips, rise as high as possible, hold 3 s, look at a still	Stable for 3 s at maximum heigh	Heels up but not full range, OR noticeable instability for	Under 3 s
3	Anticipatory	Stand on one leg	Hands on hips; lift leg behind without touching the other leg; up to 20 s; two trials	20 s	Under 20 s	Unable
4	Reactive stepping	Compensatory step: forward	Examiner in front, a hand on each shoulder patient leans until shoulders and hips are ir	One large step (second realignment	More than one step to recover	No step, would fall if not caught, or falls
5	Reactive stepping	Compensatory step: backward	Examiner behind, a hand on each shoulder blade; patient leans until shoulders and hips are behind heels; release suddenly. Mus	One large step	More than one step to recover	No step, would fall if not caught, or falls
6	Reactive stepping	Compensatory step: lateral	Feet together; examiner at side with a hand on the pelvis; patient leans until pelvis	Recovers with 1 step (crossover or lateral	Several steps to recover	Falls, or cannot step
7	Sensory orientation	Stance: feet together, eyes open, firm	Hands on hips, feet almost touching, still target 4-12 ft away; up to 30 s	30 s	Under 30 s	Unable
8	Sensory orientation	Stance: feet together, eyes closed, foam	Step onto 4-inch medium-density foam (assist onto foam); hands on hips; time	30 s	Under 30 s	Unable
9	Sensory orientation	Incline: eyes closed	Toes toward top of ramp, feet shoulder-width, arms at sides; time starts when eyes	Stands independently 30 s and aligns with	Stands independently under 30 s, OR aligns with	Unable
10	Dynamic gait	Change in gait speed	Walk at normal speed; at "fast" walk as fast as possible; at "slow" walk very slowly (3-5	Significantly changes speed without	Unable to change speed, OR signs of imbalance	Unable to change speed AND signs of imbalance
11	Dynamic gait	Walk with head turns (horizontal)	Walk at normal speed; say "right" or "left" every 3-5 steps; patient turns head accordingly. If neck is severely restricted,	No change in speed, good balance	Reduced gait speed	Imbalance
12	Dynamic gait	Walk with pivot turns	Demonstrate. Walk at normal speed; at "turn and stop," turn as fast as possible,	Feet close, FAST (under 3 steps), good	Feet close, SLOW (more than 4 steps), good	Cannot turn with feet close at any speed without
13	Dynamic gait	Step over obstacles	9-inch (23 cm) box placed 10 ft from the start. Walk at normal speed and step over	Steps over with minimal speed change,	Touches the box OR slows with cautious behavio	Unable, OR steps around the box
14	Dynamic gait	Timed Up & Go with dual task	Firm chair without arms, 3 m line. Time plain TUG from "Go" until back is against the chair. Then repeat while counting backward by threes (start from a number between 100 and 90). Reduce the score by 1 if gait slows more than 10%	No noticeable change versus plain TUG	Dual task affects counting OR walking (more than 10% slowing)	Stops counting while walking, OR stops walking while counting

Source: Mini-BESTest official form and instructions, © 2005-2013 Oregon Health Science University (SRALab PDF). Item wording condensed; use the official form for exact scripts.