

Community Balance & Mobility Scale (CBMS)

Free, https://www.physio-pedia.com/Community_Balance_and_Mobility_Scale

Pop	Time	Purpose	Measures	Scoring	Notes
Adolescents and up (mostly used with brain injury, stroke, CP, older adults)	30 mins	Higher level balance skills for ambulatory individuals that impact full participation in the community	Unilateral Stance Tandem Walking 180 Tandem Pivot Lateral Foot Scooting Hopping Forward Crouch and Walk Lateral Dodging Walking & Looking Running with Controlled Stop Forward to Backward Walking Walk, Look, & Carry Descending Stairs Step-Ups x 1 Step	Equipment Needed: stopwatch, laundry basket, 2 and 7.5 lb weights, a visual target, a bean bag Space: 27-foot walkway, full flight of stairs This is a 13-item tool (see manual for specific instructions and scoring procedures for each item). Person is NOT allowed to use a mobility device with exception for #12. Orthoses are allowed to be worn for all items. Scores range from 0-5 (inability to complete ability). Total score ranges from 0-96. Higher the score better the person's higher-level balance skills.	

CBMS Completed Example

COMMUNITY BALANCE & MOBILITY SCALE (CB&M) SCORE SHEET

Full CB&M guidelines must be reviewed to ensure accurate administration and scoring. To score 5, actions must appear coordinated and controlled without excessive equilibrium reactions.

CB&M Tasks	Notes	Initial	Mid	D/C
1. UNILATERAL STANCE 0 unable to sustain 1 2.00 to 4.49 sec. 2 4.50 to 9.99 sec. 3 10.00 to 19.99 sec. 4 \geq 20.00 secs. 5 45.00 sec., steady and coordinated	"Look straight ahead" Test is over if stance foot moves from start position or raised foot touches ground.	Left 1	1	2
		Right 1	1	2
2. TANDEM WALKING 0 unable 1 1 step 2 2 to 3 consecutive steps 3 > 3 consecutive steps 4 > 3 consecutive steps 5 7 consecutive steps	"Look ahead down the track, not at your feet." heel-toe distance < 3" (for levels 2 & 3 only) in good alignment = heel-toe contact and feet straight (for levels 4 & 5 only)	3	3	4
3. 180° TANDEM PIVOT 0 unable to sustain tandem stance 1 sustains tandem stance but unable to unweight heels or initiate pivot 2 initiates pivot but unable to complete 180° turn 3 completes 180° turn but discontinuous pivot (e.g. pauses on toes) 4 completes 180° turn in a continuous motion but can't sustain reversed position 5 completes 180° turn in a continuous motion and sustains reversed position	Test is over if touches heels down or steps out of position.	2	3	3
4. LATERAL FOOT SCOOTING 0 unable 1 1 lateral pivot 2 2 lateral pivots 3 \geq 3 pivots but < 40 cm 4 40 cm in any fashion and/or unable to control final position 5 40 cm continuous, rhythmical motion with controlled stop.	Test is over if patient hops or opposite foot touches down.	Left 1	1	1
		Right 1	2	3
5. HOPPING FORWARD 0 unable 1 1 to 2 hops, uncontrolled 2 2 hops, controlled but unable to complete 1 metre 3 1 metre in 2 hops but unable to sustain landing (touches down) 4 1 metre in 2 hops but difficulty controlling landing (hops or pivots) 5 1 metre in 2 hops, coordinated with stable landing	Test is over if opposite foot touches down.	Left 0	0	0
		Right 0	0	0
6. CROUCH AND WALK 0 unable to crouch 1 able to descend only 2 descends and rises but hesitates, unable to maintain forward momentum 3 crouches and walks in continuous motion, time \leq 8.00 sec. protective step 4 crouches and walks in continuous motion, time \leq 8.00 sec. excess equilibrium reaction 5 crouches and walks in continuous motion, time \leq 4.00 sec.		1	2	3

7. LATERAL DODGING 0 unable to perform 1 cross-over in both directions without support 1 1 cross-over in both directions in any fashion 2 1 or more cycles, but does not contact line every step 3 2 cycles, contacts line every step 4 2 cycles, contacts line every step 12.00 to 15.00 sec. 5 2 cycles, contacts line every step < 12.00 sec. coordinated direction change	"Do this as fast as you can yet at a speed that you feel safe."	2	2	3
8. WALKING & LOOKING 0 unable to walk and look e.g. stops 1 performs but loses visual fixation at or before 4 metre mark 2 performs but loses visual fixation after 4 metre mark 3 performs and maintains visual fixation between 2-6 metre mark but protective step 4 performs and maintains visual fixation between 2-6 metre mark but veers 5 performs, straight path, steady and coordinated ≤ 7.00 sec.	"Walk at your usual pace."	Left 2	3	4
		Right 4	4	5
9. RUNNING WITH CONTROLLED STOP 0 unable to run 1 runs, time > 5.00 sec. 2 runs, time > 3.00 but ≤ 5.00 sec., unable to control stop 3 runs, time > 3.00 but ≤ 5.00 sec., with controlled stop, both feet on line 4 runs, time ≤ 3.00 sec., unable to control stop 5 runs, time ≤ 3.00 sec., with controlled stop, both feet on line, coordinated and rhythmical	"Run as fast as you can." Hold position on finish line.	0	0	0
10. FORWARD TO BACKWARD WALKING 0 unable 1 performs but must stop to regain balance 2 performs with reduced speed, time > 11.00 sec. or requires 4 or more steps to turn 3 performs in ≤ 11.00 sec. and/or veers during backward walking 4 performs in ≤ 9.00 sec. and/or uses protective step during or just after turn 5 performs in ≤ 7.00 sec., maintains straight path	"Walk as quickly as you can yet at a speed that you feel safe."	2	3	4
11. WALK, LOOK AND CARRY (Score same as #8 Walking and Looking)	"Walk at your usual pace."	Left 3	3	4
		Right 4	4	5
12. DESCENDING STAIRS 0 unable to step down 1 step, or requires railing or assistance 1 able to step down 1 step with/without cane 2 able to step down 3 steps with/without cane, any pattern 3 3 steps reciprocal or full flight in step-to pattern 4 full flight reciprocal, awkward 5 full flight reciprocal, rhythmical and coordinated +1 bonus for carrying basket <div style="margin-left: 150px;"> } —no railing } —no cane </div>		4	4	5
13. STEP-UPS X 1 STEP 0 unable to step up, requires assistance or railing 1 steps up, requires assistance or railing to descend 2 steps up and down (1 cycle) 3 completes 5 cycles 4 completes 5 cycles in > 6.00 but < 10.00 sec. 5 completes 5 cycles in ≤ 6.00 sec., rhythmical <div style="margin-left: 150px;"> } —unacceptable to look at feet </div>	"Do this as quickly as you can. Try not to look at your feet."	Left 1	2	3
		Right 1	2	3
TOTAL SCORE		33	39	54
Signature(s) _____ Date(s) _____		96	96	96

Narrative Summary of Findings

Here's an example of how you might document the above findings:

Initial Assessment: According to the Community Mobility & Balance Scale, pt scored a 33/96 indicating significant high level balance impairments.