The Mid America Balance Institute inc.

Balance Self Test

Date_____

Are you at risk for falls?

This self test is intended for your personal use to help you determine if you should consult your primary care physician about your balance.

Please check your appropriate responses:	YES	NO
1. Have you fallen more than once in the past year?		
2. Do you lose your balance when standing, or when you initially get up after sitting?		
3. Do you have to try more than once to get up out of a chair or out of bed?		
4. Do you lose your balance, feel unsteady, or stagger when walking?		
5. Do you become dizzy, faint, or have seizures?		
6. Do you take unnecessary risks (i.e. standing on chairs, walking on slippery floors)?		
7. Do you trip over your own feet or objects on the floor?		
8. Do you take corners too sharply, just to then bump into other objects?		
9. Do you use a walker, cane, or any other form of assistance for your mobility?		
10. Have you had a recent loss of, or decrease in, your vision or hearing?		
11. Do you experience numbness or loss of sensation in your feet or legs?		
12. Have you had a stroke or any other problems that impacted your balance?		
13. Do you fear falling?		
14. Have you experienced dizziness, vertigo, or serious imbalance in the past six months?		
15. Has your balance problem caused problems in your social life?		

- 'Yes' to at least one question: *you may have a balance problem.*

- 'Yes' to three or more questions: *speak to your physician about your balance.*
  - Your physician may recommend you see a balance specialist, or other medical specialist, to assist in the diagnosis related to dizziness, vertigo, dysequilibrium/imbalance, and other balance disorders.

- *Don't wait.*
  - According to the CDC, injury from unintentional falls is the number one cause for emergency room visits of individuals 55 years and older every year.

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