## ABC SCALE

Patient Name:												
How confident are you that you will not lose your		←No Confidence					Somewhat — Confident					Completely —Confident
balance or become unsteady when you:		Ò	10	20	30	40	50	60	70	80	90	100
١.	walk around the house?											
2.	walk up or down stairs?		-									
3.	bend over and pick up a slipper from front of a closet door?											
4.	reach for a small can off a shelf at eye level?					ļ						
5.	stand on tip toes and reach for something above your head?											
6.	stand on a chair and reach for something above your head?					-						
7.	sweep the floor?											
8.	walk outside the house to a car parked in the driveway?											
9.	get into or out of a car?											
10.	walk across a parking lot to the mall?					}						
11.	walk up or down a ramp?											
12.	walk in a crowded mall where people rapidly walk past you?			-			-					
13.	are bumped into by people as you walk through the mall?											
14.	step onto or off an escalator while you are holding onto a railing?											
15.	step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing?						-					
16.	walk outside on icy sidewalks?		-									