

# PERFORMANCE-ORIENTED MOBILITY ASSESSMENT (POMA)

## *Balance*

### *Chair:*

*Instructions: Place a hard armless chair against a wall. The following maneuvers are tested.*

#### **1. Sitting down**

0 = unable without help or collapses (plops) into chair or lands off center of chair

1 = able and does not meet criteria for 0 or 2

2 = sits in a smooth, safe motion and lands with buttocks against back of chair and thighs centered on chair

#### **2. Sitting balance**

0 = unable to maintain position (marked slide forward or leans forward or to side)

1 = leans in chair slightly or slight increased distance from buttocks to back of chair

2 = steady, safe, upright

#### **3. Arising**

0 = unable without help or loses balance or requires > three attempts

1 = able but requires three attempts

2 = able in ≤ two attempts

#### **4. Immediate standing balance (first 5 seconds)**

0 = unsteady, marked staggering, moves feet, marked trunk sway or grabs object for support

1 = steady but uses walker or cane or mild staggering but catches self without grabbing object

2 = steady without walker or cane or other support

## *Stand*

### *Gait:*

### 5a. Side-by-side standing balance

0 = unable or unsteady or holds  $\leq$  3 seconds

1 = able *but* uses cane, walker, or other support or holds for 4–9 seconds

2 = narrow stance without support for 10 seconds

### 5b. Timing \_\_\_\_ seconds

### 6. Pull test (person at maximum position attained in #5, examiner stands behind and exerts mild pull back at waist)

0 = begins to fall

1 = takes more than two steps back

2 = fewer than two steps backward and steady

### 7a. Able to stand on right leg unsupported

0 = unable or holds onto any objects or able for  $<$  3 seconds

1 = able for 3 or 4 seconds

2 = able for 5 seconds

*Instructions: Person stands with examiner, walks down 10-ft walkway (measured). Ask the person to walk down walkway, turn, and walk back. The person should use customary walking aid.*

### ***Bare Floor***

(flat, even surface)

**1. Type of surface: 1 = linoleum or tile; 2 = wood; 3 = cement or concrete; 4 = other \_\_\_\_\_**  
**[not included in scoring]**

### **2. Initiation of gait (immediately after told to “go”)**

0 = any hesitancy or multiple attempts to start

1 = no hesitancy

**3. Path (estimated in relation to tape measure). Observe excursion of foot closest to tape measure over middle 8 feet of course.**

0 = marked deviation

1 = mild or moderate deviation *or* uses walking aid

2 = straight without walking aid

**4. Missed step (trip or loss of balance)**

0 = yes, and would not have fallen *or* no missed steps

1 = yes, but appropriate attempt to recover *and* no more than two missed steps

2 = none

**5. Turning (while walking)**

0 = almost falls

1 = mild staggering, but catches self, uses walker or cane

2 = steady, without walking aid

**6. Step over obstacles (to be assessed in a separate walk with two shoes placed on course 4 feet apart)**

0 = begins to fall at any obstacle *or* unable *or* walks around any obstacle *or* > two missed steps

1 = able to step over all obstacles, but some staggering and catches self *or* one to two missed steps

2 = able and steady at stepping over all four obstacles with no missed steps

Source: Courtesy of Mary E. Tinetti, MD. Adapted with permission.