SOP #2009
Mini-BESTest

- Always review the SOP before beginning administration of the measurement tool.
- Always read the SOP instructions verbatim to the participant.
- Never modify the procedure or instructions (a modified test is invalid/incomplete).
- Always notify the coordinator if you have any doubt or questions about the SOP.

Description

The mini-BESTest is a generic balance scale used to assess the following 4 balance control systems: anticipatory postural adjustments, reactive postural control, sensory orientation and dynamic gait. This 3-level (0 to 2) ordinal scale consists of 14 items and the total score ranges from 0 (maximum impairment) to 28 (no impairment detected).

Equipment



□ Gait belt	□ Stopwatch
□ Temper® foam surface (also called T foamTM, 10 cm thick, medium density T41)	□ Incline ramp (10°, at least 60 cm x 60 cm)
□ Chair with armrests without wheels	□ Box (23 cm in height)

Test administration

Refer to page 3 of the test copies for instructions: https://bestest.us/files/7413/6380/7277/MiniBEST_revised_final_3_8_13.pdf

Link to Mini-BESTest forms: http://bestest.us/test_copies

Supplementary Instructions to the Mini BESTest:

1. For items # 4, 5 and 6: The participant is asked to lean forward against the examiner's hands as if they were leaning against a wall. The examiner must reassure the participant that they will be there to catch them if they are not able to regain their balance.
2. For items # 4 and 6, if the participant makes a crossover step and then makes a second realignment step, the item must be scored "2", not "1".
3. For item #14:
    - As in the standard TUG protocol, use a chair with armrests (see TUG SOP for more details).
    - After doing the standard Timed Up and Go test, the participant is asked to count backwards while seated to establish a baseline speed. During the cognitive TUG, if the counting speed decreases considerably, the item must be scored "1", even if walking speed remains similar.
    - If the participant is unable to count backwards as requested, the examiner must reassure them that the task is difficult and suggests that they name the months of the year out of order. The examiner must record this adaptation on the scoring sheet.

Result

Results are recorded in the corresponding section of the form.

References

1. Franchignoni, F., Horak, F., Godi, M., Nardone, A., & Giordano, A. (2010). Using psychometric techniques to improve the Balance Evaluation Systems Test: the mini-BESTest. Journal of Rehabilitation Medicine, 42(4), 323–331. https://doi.org/10.2340/16501977-0537
2. King, L., & Horak, F. (2013). On the mini-BESTest: scoring and the reporting of total scores. Physical Therapy, 93(4), 571–575. https://doi.org/10.2522/ptj.2013.93.4.571