

Rate of Perceived Stability

1	Completely Stable	Standing/Sitting undisturbed on solid ground
2	Steady	
3		
4	Unsteady	
5		
6	Mildly Unbalanced	Feels like I might take a step OR reach to stay supported
7	Moderately Unbalanced	
8	Unbalanced	Feels that even the smallest of sudden movements will cause a fall
9	Very Unbalanced	
10	About to Fall	
		Extremely challenged; have to step or reach for support to stay balanced