Rate of Perceived Stability

1	Completely Stable	Standing/Sitting undisturbed on solid ground
2	Steady	Balance does not feel challenged but may have some body movements
3		
4	Unsteady	Feels like work; still do not have to step OR reach to stay balanced
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 suppirt to stay balanced