Activities-Specific Balance Confidence Scale (ABC) instructions

- Perform this test if patient meets the following stage: 2A) Maximum Assist - ability to stand and initiate reciprocal steps through voluntary L/E movement but requires maximal physical assistance (>50% of total effort) of at least one person and may include use of assistive devices and/or orthoses with the exception of bilateral KAFOs.

**Time needed to Complete Assessment:** 15-20 minutes

**Equipment Needed:** paper survey includes the visual analogue scale from 0-100%

**Therapist Instructions:** The patient is given the form and the instructions below are reviewed. If the patient is not able to fill out the form independently assistance is given. The score is calculated by adding the total score and dividing by the number of items in the test.

**Patient Instructions:** For each of the following, please indicate your level of confidence in doing the activity without losing your balance or becoming unsteady from choosing one of the percentage points on the scale form 0% to 100%. If you do not currently do the activity in question, try and imagine how confident you would be if you had to do the activity. If you normally use a walking aid to do the activity or hold onto someone, rate your confidence as it you were using these supports. If you have any questions about answering any of these items, please ask the administrator.