



# FYZICAL<sup>®</sup>

Therapy & Balance Centers

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Activities-specific Balance Confidence (ABC) Scale For EACH of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale (Use ONLY WHOLE Number):

0% 10 20 30 40 50 60 70 80 90 100%  
no confidence completely confident

"How confident are you that you will NOT lose your balance or become unsteady when you...

- ...walk around the house? \_\_\_\_\_%
  - ...walk up or down stairs? \_\_\_\_\_%
  - ...bend over and pick up a slipper from the front of a closet floor \_\_\_\_\_%
  - ...reach for a small can off a shelf at eye level? \_\_\_\_\_%
  - ...stand on your tiptoes and reach for something above your head? \_\_\_\_\_%
  - ...stand on a chair and reach for something? \_\_\_\_\_%
  - ...sweep the floor? \_\_\_\_\_%
  - ...walk outside the house to a car parked in the driveway? \_\_\_\_\_%
  - ...get into or out of a car? \_\_\_\_\_%
  - ...walk across a parking lot to the mall? \_\_\_\_\_%
  - ... walk up or down a ramp? \_\_\_\_\_%
  - ...walk in a crowded mall where people rapidly walk past you? \_\_\_\_\_%
  - ...are bumped into by people as you walk through the mall? \_\_\_\_\_%
  - ...step onto or off an escalator while you are holding onto a railing? \_\_\_\_\_%
  - ...step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing? \_\_\_\_\_%
  - ...walk outside on icy or slippery sidewalks? \_\_\_\_\_%
- TOTAL: \_\_\_\_\_%