

Kansas University Standing Balance Scale (KUSBS)

KUSBS Score	Ordinal Ranking of Score	Description of Patient Performance for KUSBS Scores
0	1	Performs 25% or less of standing activity (maximum assist).
1	2	Supports self with upper extremities but requires therapist assistance. Patient performs 25-50% of effort (moderate assist).
1+	3	Supports self with upper extremities but requires therapist assistance. Patient performs >50% of effort (minimal assist).
2	4	Independently supports self with both upper extremities.
2+	5	Independently supports self with one upper extremity.
3	6	Independently stands without upper extremity support for up to 30 seconds.
3+	7	Independently stands without upper extremity support for 30 seconds or greater.
4	8	Independently moves and returns center of gravity 1-2 inches in 1 plane.
4+	9	Independently moves and returns center of gravity 1-2 inches in multiple planes.
5	10	Independently moves and returns center of gravity in all planes greater than 2 inches.

^a Each patient is first instructed: "Stand up and continue standing." If patient requires assistance or supports self with one or both arms, no further instructions are given, and the appropriate grade is assigned from 0 to 2+. If the patient stands independently without upper extremity support for less than 30 seconds, a grade 3 is assigned. If the patient stands independently for 30 seconds or longer (grade 3+), the therapist places their hand 1-2 inches beyond the patient's reach. The patient is instructed to "Reach forward and touch my hand." If successful, a grade 4 is assigned. If the patient succeeds in reaching forward, the therapist asks the patient to reach 1-2 inches in multiple planes (grade 4+). If the patient succeeds in reaching in multiple planes, the therapist moves the hand more than 2 inches in different planes, including reaching and grasping for an object such as a cone or throwing a ball (grade 5).

Reliability, Responsiveness, and Validity of the Kansas University Standing Balance Scale. Kluding, Patricia; Swafford, Bonnie B.; Cagle, Perri; Gajewski, Byron J., *Journal of Geriatric Physical Therapy*. 29(3):93-99, December 2006. http://journals.lww.com/jgpt/Fulltext/2006/12000/Reliability,_Responsiveness,_and_Validity_of_the.3.aspx