



Balance Error Scoring System (BESS)

Errors: An error is credited to the subject when any of the following occur: moving the hands off of the iliac crests, opening the eyes, step stumble or fall, abduction or flexion of the hip beyond 30, lifting the forefoot or heel off of the testing surface, remaining out of the proper testing position for greater than 5 seconds. The maximum total number of errors for any single condition is 10.

Test Date:	Stance	FIRM Surface:	FOAM Surface:
	Double Leg Stance		
	Single Leg Stance		
	Tandem Stance		
	Total Scores		
	B.E.S.S. Score		
Test Date:	Stance	FIRM Surface:	FIRM Surface:
	Double Leg Stance		
	Single Leg Stance		
	Tandem Stance		
	Total Scores		
	B.E.S.S. Score		