Diagram 2. Evaluation of balance impairment

**History**
- Acute and Chronic Medical Illness
- Medication history
- Fall History and Fear of Falling
- Mental History: Depression, Delirium, Dementia, Sleep Disorders, etc
- Social History: Alcohol and illicit drug use
- Functional History: use of assisted devices
- Home Environment: Shower equipment, Floor surfaces (area rugs, etc), Railing on stair

**Physical Exam**
- **Vitals Signs:** Including orthostatic blood pressure
- **Neurological Exam:**
  - Cognitive function (e.g. Mini Mental Status Examination, Montreal Cognitive Assessment Test)
  - Cranial Nerves, Motor, Sensory, Coordination, Cerebellar function
- **Musculoskeletal Exam:** Range of motion, posture, motor strength
- **Footwear examination:** Look for worn out pattern, sole thickness, heel height
- **Gait**

**Clinical Balance Assessment**
- **Simple Balance Test:**
  - Functional Reach Test
  - Short Physical Performance Battery
  - Timed Up and Go Test
- **Detailed Balance Test:**
  - Berg Balance Test
  - Performance Oriented Mobility Assessment
- **Instrumental Balance Test:**
  - Computerized Dynamic Posturography
  - Posturography utilizing force plate
  - Trunk sway measured by Angular Velocity Sensors

**Laboratory and Imaging workup**
- **Labs:** vitamin B12, hemoglobin A1C, thyroid function test, serum protein electrophoresis, and electrodiagnosis
- **Imaging:** CT Scan, MRI, etc