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The Activity-Based Balance Level Evaluation (ABLE) Scale

Availability:	The instrument is freely available here: The Activity Based Level Evaluation Scale Link
Classification:	Exploratory
Short Description of Instrument:	<p>Construct measured: Functional ability</p> <p>Intended respondent: Participant</p> <p># of subscales and names of sub-scales: 3 subscales; sitting, standing, walking</p>
Comments/Special instructions:	<p>Scoring: Items scored on a scale from 0 to 4, with 4 indicating greatest balance.</p> <p>Background: The ABLE Scale was designed to assess balance in people with spinal cord injury. This scale consists of three subscales; sitting, standing, and walking.</p> <p>Equipment: Equipment is required to complete this test including:</p> <ul style="list-style-type: none"> 1 chair without armrests 1 standard-height chair with armrests 1 meter stick/yardstick 1 large plastic cup (12-16 oz) 1 2 x 4 block of wood 1 basketball 1 ADA ramp At least 8 steps
References:	Ardolino EM, Hutchinson KJ, Pinto Zipp G, Clark M, Harkema SJ. The ABLE scale: the development and psychometric properties of an outcome measure for the spinal cord injury population. Phys Ther. 2012 Aug ;92 (8). 1046-1054.