

GERIATRIC SYNDROMES: PERFORMANCE ORIENTED MOBILITY ASSESSMENT (POMA)

POMA

Balance: Side-by-Side Standing Balance 18/27

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What is the POMA?
Considerations
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- Ask the person to try to stand with his feet together
- Time how long the person can maintain his balance

0 = unable or unsteady or holds for less than 3 seconds

1 = able but uses cane, walker or other support or holds for 4-9 seconds

2 = narrow stance without support for 10 seconds

Side-by-side Standing Bal.: Score = 0



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Learning Object



Lecture



Home Visit



Small Group Debriefing