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The Activity-Based Balance Level Evaluation (ABLE) Scale

Availability:	The instrument is freely available here: The Activity Based Balance Level Evaluation Scale Link
Classification:	Exploratory: Spinal Cord Injury (SCI); not recommended for youth < 18
Short Description of Instrument:	Construct measured: Functional ability Intended respondent: Participant # of subscales and names of sub-scales: 3 subscales; sitting, standing, walking
Comments/Special instructions:	Scoring: Items scored on a scale from 0 to 4, with 4 indicating greatest balance. 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. Equipment: Equipment required to complete this test: 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 SCI-Pediatric specific: There are no studies with children. Performance items appear appropriate for kids of typically sitting, standing and walking age. Self-report items are too complex for child.
References:	Ardolino, E. M., Hutchinson, K. J., Pinto Zipp, G., Clark, M., & Harkema, S. J. (2012). The ABLE scale: the development and psychometric properties of an outcome measure for the spinal cord injury population. <i>Phys Ther</i> , 92(8), 1046–1054.