

## VESTIBULAR FUNCTION CHECKLIST

The vestibular system is all about balance and spatial awareness. These are signs of a problem in this area. Read each of the following symptoms and place a check in the box that most closely describes your child. A 1 indicates “doesn’t apply at all,” and a 10 is “almost always.” Add up the numbers and record the total. (The lowest possible score is 10, and the highest is 100.)

Exhibits poor balance 1 2 3 4 5 6 7 8 9 10  
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Had delayed crawling, standing, and/or walking 1 2 3 4 5 6 7 8 9 10  
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Poor muscle tone (extremely flexible) 1 2 3 4 5 6 7 8 9 10  
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Experiences motion sickness 1 2 3 4 5 6 7 8 9 10  
□ □ □ □ □ □ □ □ □ □

Dislikes heights, swings, carousels, escalators, elevators 1 2 3 4 5 6 7 8 9 10  
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Easily disoriented and/or has a poor sense of direction 1 2 3 4 5 6 7 8 9 10  
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Clumsy 1 2 3 4 5 6 7 8 9 10  
□ □ □ □ □ □ □ □ □ □

Difficulty remaining still; may actively seek movement such as spinning and/or rocking 1 2 3 4 5 6 7 8 9 10  
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Difficulties with space perception 1 2 3 4 5 6 7 8 9 10  
□ □ □ □ □ □ □ □ □ □

Walks or walked on toes 1 2 3 4 5 6 7 8 9 10  
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TOTAL \_\_\_\_\_