



Participant ID: _____

Participant Initials: _____

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Site: _____

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BALANCE TESTING

1. Technician ID: _____

TWO LEG STANDS:

The participant must be able to stand unassisted without the use of a cane or walker. You may help the participant to get up.

“Now let’s begin the evaluation. I would like you to try to stand in different positions. I will first describe and show each movement to you. Then I’d like you to try to do it. If you cannot do a particular movement, or if you feel it would be unsafe to try to do it, tell me and we’ll move on to the next one. Let me emphasize that I do not want you to try to do any exercise you feel might be unsafe.”

Tandem Stand

*“Now I want you to try to stand with one foot in front of and touching the toes of the other foot for about **30 seconds**, until I tell you to stop. You may put either foot in front, whichever is more comfortable for you. Please watch while I demonstrate.” **Demonstrate.***

“You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.”

Stand next to the participant to help him/her into the tandem position. Supply just enough support to the participant’s arm to prevent loss of balance.

*“You may hold onto my arm to get into position. When you are ready, let go of my arm.” **OR:** “Are you ready? Ready, begin.”*

Begin timing as you say “Ready, begin”.

Stop the stopwatch and say, “stop” after 30 seconds or when the participant steps or shifts out of position, or grabs your arm.

2. Tandem Stand:

- ₁ Held for 30 seconds → **Proceed to Q#5 (Single Leg Stand)**
- ₂ Not Held for 30 seconds → **Complete Q#2a and proceed to Q#3 (Semi-Tandem Stand)**
- ₉₇ Not Attempted → **Complete Q#2b and proceed to Q#3 (Semi-Tandem Stand)**

A. If the **number of seconds is less than 30 seconds**, how many seconds?

_____ seconds

B. If **“Not Attempted”**, check one of the following:

- ₁ Tried but unable
- ₂ Participant could not stand unassisted
- ₃ Not attempted, examiner deemed unsafe
- ₄ Not attempted, participant felt unsafe
- ₅ Participant unable to understand instructions
- ₉₇ Participant refused



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Semi-Tandem Stand

“Now I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds, until I tell you to stop. You may put either foot in front, whichever is more comfortable for you.” Please watch while I demonstrate.”

Demonstrate.

“You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.”

Stand next to the participant to help him/her into the semi-tandem position. Supply just enough support to the participant’s arm to prevent loss of balance.

“You may hold onto my arm to get into position. When you are ready, let go of my arm.” OR: “Are you ready? Ready, begin.”

Begin timing as you say “Ready, begin”.

Stop the stopwatch and say, “stop” after 10 seconds or when the participant steps or shifts out of position, or grabs your arm.

3. Semi-Tandem Stand

- ₁ Held for 10 seconds —————> **Proceed to Q#5 (Single Leg Stands)**
- ₂ Not Held for 10 seconds —————> **Complete Q#3a and proceed to Q#4 (Side-By-Side Stand)**
- ₉₇ Not Attempted —————> **Complete Q#3b and proceed to Q#4 (Side-By-Side Stand)**

A. If the **number of seconds is less than 10 seconds**, how many seconds?

____.____ seconds

B. If **“Not Attempted”**, check one of the following:

- ₁ Tried but unable
- ₂ Participant could not stand unassisted
- ₃ Not attempted, examiner deemed unsafe
- ₄ Not attempted, participant felt unsafe
- ₅ Participant unable to understand instructions
- ₉₇ Participant refused



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Side-by-Side Stand

“Now I want you to try to stand with your feet together, side-by-side, for about 10 seconds until I tell you to stop. Please watch while I demonstrate.”

Demonstrate.

“You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.”

Stand next to the participant to help him/her into the side-by-side position. Supply just enough support to the participant’s arm to prevent loss of balance.

“You may hold onto my arm to get into position. When you are ready, let go of my arm.” OR: “Are you ready? Ready, begin.”

Begin timing as you say “Ready, begin”.

Stop the stopwatch and say, “stop” after 10 seconds or when the participant steps or shifts out of position, or grabs your arm.

4. Side-By-Side Stand

- ₁ Held for 10 seconds —————> **Proceed to Q#5 (Single Leg Stand)**
- ₂ Not Held for 10 seconds —————> **Complete Q#4a and proceed to Q#5 (Single Leg Stand)**
- ₉₇ Not Attempted —————> **Complete Q#4b and STOP**

A. If the number of seconds is less than 10 seconds, how many seconds?

____.____ seconds

B. If **“Not Attempted”**, check one of the following:

- ₁ Tried but unable
- ₂ Participant could not stand unassisted
- ₃ Not attempted, examiner deemed unsafe
- ₄ Not attempted, participant felt unsafe
- ₅ Participant unable to understand instructions
- ₉₇ Participant refused



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SINGLE LEG STANDS:

“Now I would like you to stand on one foot and lift the other foot off the ground with the knee bent. You may stand on either foot, whichever is more comfortable for you. Keep your arms out to the side. You may move your arms but don’t touch your body. Do not brace the lifted leg against the leg you are standing on. Try to hold this position for about 30 seconds, until I tell you to stop.”

Demonstrate and hold the position for about 5 seconds.

Ask the participant if they understand the task, or if they have any questions.

Stand next to the participant to help him/her into the single leg stand position. Allow her/him to hold on to your arm(s) to get balanced. Be sure the foot is two fingers off the ground.

“You may hold onto my arm to get into position. When you are ready, let go of my arm.” OR: “Are you ready? Ready, begin.”

Begin timing as you say “Ready, begin”, or when the participant lets go of your arm. He/she is allowed a second start if it is almost immediately after the first.

Stop the stopwatch and say, “stop” after 30 seconds or when the raised foot touches the ground, when the participant touches the examiner or the wall, when the participant braces his/her arms against their body, or when the participant moves out of position.

5. Trial #1

- ₁ Held for 30 seconds → **Proceed to Q#6 (Trial #2)**
- ₂ Not Held for 30 seconds → **Complete Q#5a and proceed to Q#6 (Trial #2)**
- ₉₇ Not Attempted → **Complete Q#5b and STOP**

A. If the number of seconds is less than 30 seconds, how many seconds?

_____ seconds

B. If **“Not Attempted”**, check one of the following:

- ₁ Tried but unable
- ₂ Participant could not stand unassisted
- ₃ Not attempted, examiner deemed unsafe
- ₄ Not attempted, participant felt unsafe
- ₅ Participant unable to understand instructions
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Wait 30 second between trials.

6. Trial #2

- ₁ Held for 30 seconds → **Proceed to Q#7 (Trial #3)**
- ₂ Not Held for 30 seconds → **Complete Q#6a and proceed to Q#7 (Trial #3)**
- ₉₇ Not Attempted → **Complete Q#6b and STOP**

A. If the number of seconds is less than 30 seconds, how many seconds?

____.____ seconds

B. If **“Not Attempted”**, check one of the following:

- ₁ Tried but unable
- ₂ Participant could not stand unassisted
- ₃ Not attempted, examiner deemed unsafe
- ₄ Not attempted, participant felt unsafe
- ₅ Participant unable to understand instructions
- ₉₇ Participant refused

Wait 30 second between trials.

7. Trial #3

- ₁ Held for 30 seconds → **STOP**
- ₂ Not Held for 30 seconds → **Complete Q#7a and STOP**
- ₉₇ Not Attempted → **Complete Q#7b**

A. If the number of seconds is less than 30 seconds, how many seconds?

____.____ seconds

B. If **“Not Attempted”**, check one of the following:

- ₁ Tried but unable
- ₂ Participant could not stand unassisted
- ₃ Not attempted, examiner deemed unsafe
- ₄ Not attempted, participant felt unsafe
- ₅ Participant unable to understand instructions
- ₉₇ Participant refused