

4 Stage Balance Test

4 STAGE BALANCE TEST

Patient's full name: _____ Patient's age: _____

Date of testing: _____ dd / mm / yyyy

What you need: A stopwatch

Rules: Participants are not allowed to use an assistive device like a cane or walker. Participants must keep their eyes open, so tell them that before beginning the test. The patient must hold each position for 10 seconds. If they can hold a position for 10 seconds without moving their feet or requiring support, move on to the next position. If they move their feet or require support, you must STOP the whole test.

Instructions for the test conductor: You must have a stopwatch ready because each position will be timed. Once the patient is ready, you must describe each position to the patient. For each stage, you must stand next to the patient, hold one of their arms, and help them assume the correct position. Once the patient says they're ready to assume each position on their own, you must let go of the patient, but you should be ready to immediately assist them should the patient lose their balance. After letting go of the patient and saying BEGIN, start your stopwatch and wait for 10 seconds to pass (this goes for each position), then say STOP.

Position 1 - Seconds: _____ Position 2 - Seconds: _____

Position 3 - Seconds: _____ Position 4 - Seconds: _____

Other notes and observations: