

Patient ID: _____

Date: _____

The 4-Stage Balance Test

Purpose: To assess static balance

Equipment: A stopwatch

Directions: There are four progressively more challenging positions. Patients should not use an assistive device (cane or walker) and keep their eyes open. Describe and demonstrate each position. Stand next to the patient, hold his/her arm and help them assume the correct foot position.

When the patient is steady, let go, but remain ready to catch the patient if he/she should lose their balance.

If the patient can hold a position for 10 seconds without moving his/her feet or needing support, go on to the next position.

If not, stop the test.

For each stage, say “Ready, begin” and begin timing. After 10 seconds, say “Stop.” See next page for detailed patient instructions and illustrations of the four positions.



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Instructions to the patient:



1. Stand with your feet side by side.

Time:



2. Place the instep of one foot so it is touching the big toe of the other foot.

Time:



3. Place one foot in front of the other, heel touching toe.

Time:



4. Stand on one foot.

Time:

Notes:

References:

Gardner, M. M., Buchner, D. M., Robertson, M. C., & Campbell, A. J. (2001). Practical implementation of an exercise-based falls prevention programme. *Age and ageing*, 30(1), 77-83.

Rossiter-Fornoff, J. E., Wolf, S. L., Wolfson, L. I., Buchner, D. M., & FICSIT Group. (1995). A cross-sectional validation study of the FICSIT common data base static balance measures. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, 50(6), M291-M297.