

# 4 Stage Balance Test

Patient's full name: \_\_\_\_\_

Patient's age: \_\_\_\_\_ Date of testing: \_\_\_\_\_

What you need	
A stopwatch	
Rules	
<ul style="list-style-type: none"><li>• Participants are not allowed to use an assistive device like a cane or walker.</li><li>• Participants must keep their eyes open, so tell them that before beginning the test.</li><li>• 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.</li><li>• If they move their feet or require support, you must STOP the whole test.</li></ul>	
Instructions for the test conductor	
<ul style="list-style-type: none"><li>• You must have a stopwatch ready because each position will be timed.</li><li>• Once the patient is ready, you must describe each position to the patient.</li><li>• For each stage, you must stand next to the patient, hold one of their arms, and help them assume the correct position.</li><li>• 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.</li><li>• 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.</li></ul>	
Positions	
 <p><b>Standing with their feet together:</b> The patient's feet must be stuck together side-by-side.</p>	 <p><b>Semi-tandem stance:</b> The patient must place the instep of one foot forward. The other foot's big toe must be touching the instep.</p>
Seconds:	Seconds:



**Tandem stance:**

The patient must place one foot in front of the other so that the heel of the foot in front touches the big toe of the other.



**Single-leg stance:**

The patient must stand on one foot.

Seconds:

Seconds:

**Notes**