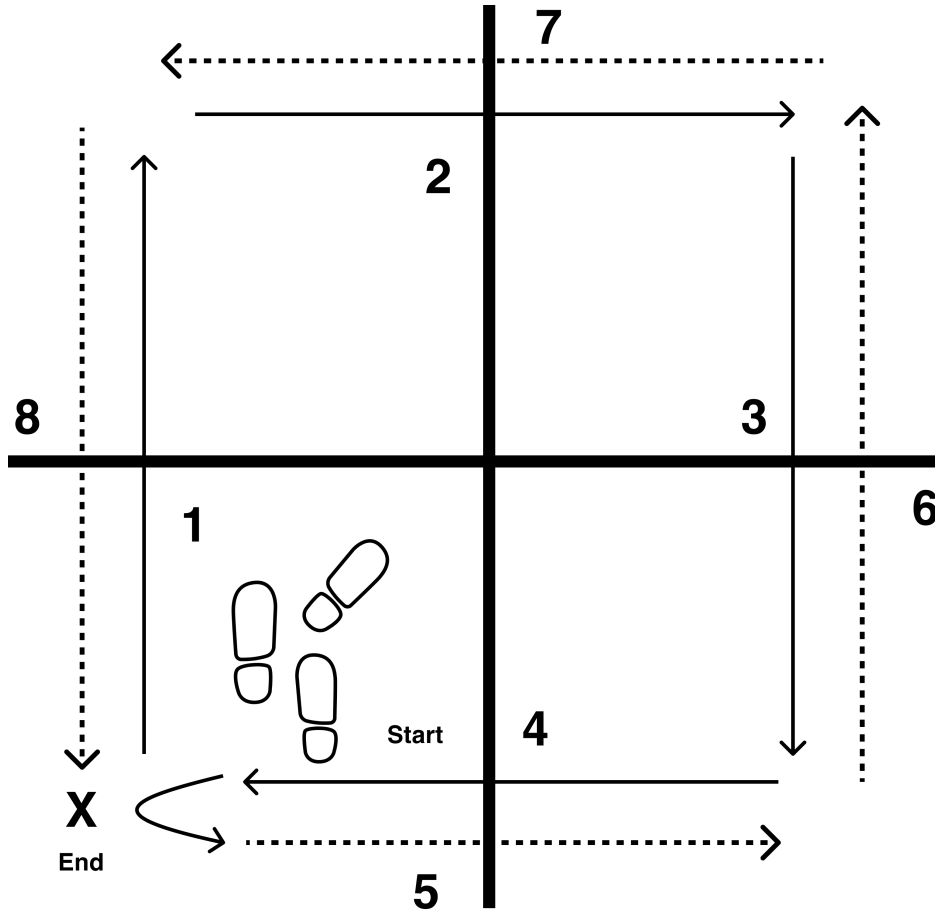


# Four-Square Step Test

Date:

Patient's Name:

Examiner's Name:



## Instructions:

Explain that the goal is to step from one square to another, clockwise (1 to 2 to 3 to 4) then counterclockwise (4 to 3 to 2 to 1 OR 5 to 6 to 7 to 8 ) as fast as possible without touching the sticks. Both feet must touch the floor in each square, and they must face forward the whole time if possible.

## Notes for the Examiner:

- The patient is allowed one practice trial before the test.
- You will conduct the test twice and have the one with the better time (in seconds) be the final score.
- Timing will only start when the first foot touches Square 2.
- Timing will only end when the last foot goes to Square 8 or goes back to Square 1.
- You must repeat the test if they don't unsuccessfully complete the sequence, lose balance, or their feet touch the cane.
- They are allowed to turn to face the next square if unable to face forward the whole time.

## Patient's Results

1st Recorded Time (in seconds):

2nd Recorded Time (in seconds):

**Final Score:**

Did they use an assistive device?

Yes

No

*If yes, what did they use?*

**Additional Notes:**