Functional Reach Test

Name of patient: _____   Date of test: _____

Name of the tester: _____

Make sure to have the following before administering this test:

- **A wall space (at least three feet of wall space should suffice)**
- **A yardstick to measure reach distance**
- **Tape or velcro to secure the yardstick on the wall as well as mark the standing point of your patient**
- **Someone to stand near the patient in case they show signs of falling while doing the test**

Instructions:

- Have your geriatric patient stand behind the standing baseline. They should be standing alongside the wall, with their arm close to the wall at 90 shoulder flexion, and having them close their fist

- You'll first measure the starting position of your client, specifically the starting position of the third metacarpal head on the yardstick

- Once you measure that, instruct your patient to reach as far as they can without moving their feet

- Record their reach, a.k.a the third metacarpal head on the yardstick. When recording the reach, keep in mind that you're recording in inches

- **IMPORTANT:** Another thing to keep in mind is that you'll be calculating the reach, and it'll be based on the difference between the starting position and the end position

- Have your patient rest. At least 15 seconds should be good, but of course, take into consideration how they're feeling and extend the break if necessary

- Repeat the test two more times.

Average reach for men and women per age range:

Age Range	Men	Women
20-40 years old	16.73 inches	14.64 inches
41-69 years old	14.98 inches	13.81 inches
70-87 years old	13.16 inches	10.47 inches

Average score interpretations:

Score Range	Risk Assessment
6 inches or below	High risk of falling
7-10 inches	Moderate risk of falling
Greater than 10 inches	Low risk of falling

Functional Reach Test

Your patient's scores (in inches):

Trials	Start Position	End Position	Difference (End Position - Start Position)
Trial 1 (Practice)			
Trial 2			
Trial 3			

Average Score in inches (based on Trial 2 and 3's differences): _____

Additional Notes