

# Kinesthesia Test

## Participant Information

Name:

Age:

Gender:

Dominant Hand:

Medical Conditions/Injuries:

## TASK 1: JOINT POSITION SENSE

### Materials Needed

- Blindfold
- Partner/Assistant

### Procedure

1. Participant sits comfortably with their eyes closed and is blindfolded.
2. Assistant gently moves one of the participant's limbs (e.g., arm, leg) to a specific position.
3. Participant tries to identify the position of the limb without looking.
4. Repeat for different limbs and positions.

### Instructions

- Keep your eyes closed throughout the task.
- Clearly communicate the perceived position of the limb after each movement.
- If unsure, indicate uncertainty.

## TASK 2: MOVEMENT REPRODUCTION

### Materials Needed

- Stopwatch or timer
- Open space

### Procedure

1. Participant stands at the starting point.
2. On the "Go" signal, the participant performs a specific movement (e.g. arm reaching forward).
3. After a set time, participant returns to the starting position and attempts to replicate the movement.
4. Measure the accuracy of the reproduced movement.

### Instructions

- Perform the movement as accurately as possible.
- Replicate the movement after the specified time.
- Try to maintain a consistent speed.

## TASK 3: LIMB IDENTIFICATION

### Materials Needed

- Collection of objects with distinct textures, shapes, and sizes
- Blindfold

### Procedure

1. Blindfolded participant uses their hand to identify objects by touch.
2. Objects can include simple shapes, textured items, or familiar objects.
3. Record the accuracy of identification

### Instructions

- Use your sense of touch to identify each object.
- If uncertain, make your best guess.

## **TASK 4: MIRROR TRACING**

### **Materials Needed**

- Mirror
- Pen and paper
- Simple shape or pattern drawn on paper

### **Procedure**

1. Participant traces the given shape or pattern while observing the reflection in the mirror.
2. Measure the accuracy of the traced pattern.

### **Instructions**

- Focus on the mirror reflection while tracing.
- Trace the shape as accurately as possible.

## **TASK 5: BODY AWARENESS**

### **Procedure**

1. Participant sits or stands comfortably.
2. Without looking, participant points to various body parts as called out by the examiner.
3. Record the accuracy of pointing to each body part.

### **Instructions**

- Keep your eyes closed and point to the specified body part.
- Take your time and be as accurate as possible.

## **CONCLUSION**

Thank the participant for their participation and gather any additional comments or observations.

### **Additional Comments/Observations**