

Kinesthesia Test

Patient information

Name:

Age:

Gender:

Dominant hand:

Date of assessment:

Assessor:

Overview

The Brief Kinesthesia Test (BKT) is a clinical assessment tool used to evaluate kinesthetic sense, especially in individuals with sensorimotor impairments, such as those recovering from a stroke. It measures the ability to perceive joint movement and position without relying on visual cues, which is essential for efficient motor control.

Materials

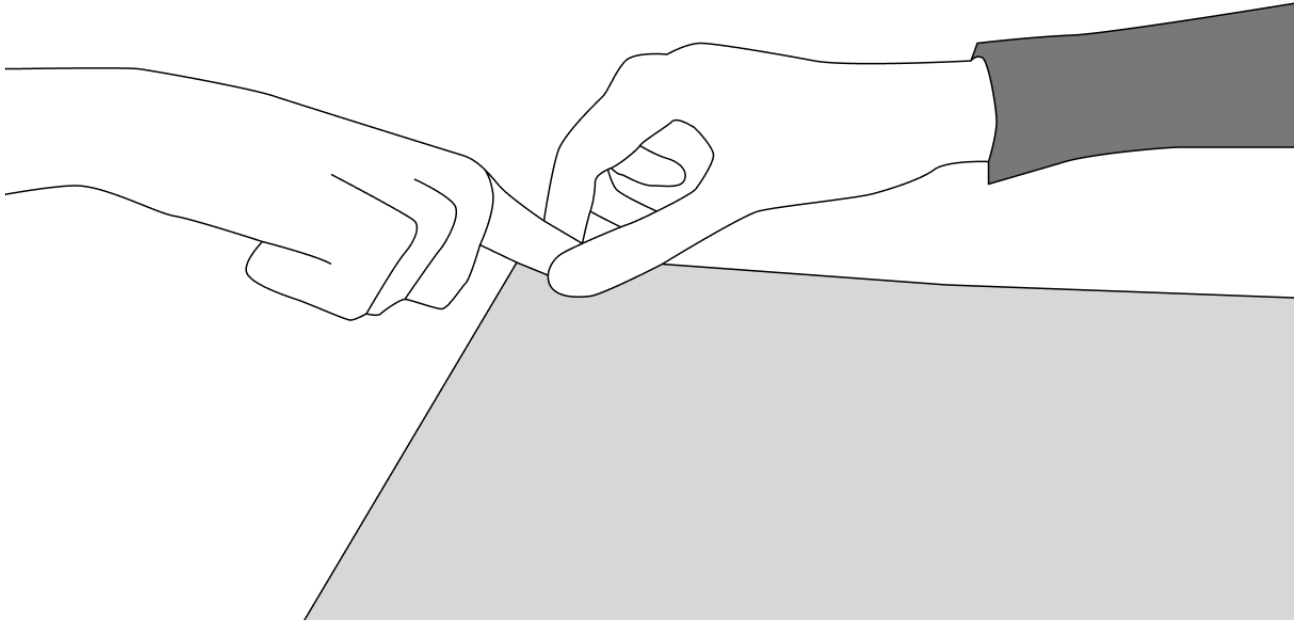
- Test page
- Visual shield
- Tape measure
- Standard-height chair
- Standard-height table

Preparation

- Ensure the participant is seated in a standard-height chair (19 inches) in front of a standard-height table (29 inches).
- Place a visual shield to occlude the participants' vision and prevent them from seeing the target locations.
- Ensure all necessary equipment is available, including the visual shield, tape measure, and test page for recording movements.
- Seat the participant comfortably in the chair with their arms positioned in a neutral posture on the table. Make sure the target locations and starting points are clearly marked on the test page.
- Explain to the participant that they will be asked to reproduce reaching movements from a starting location to a target location on the test page.
- Emphasize that they will be guided for each trial.

Procedure

1. Start by guiding the participant through the first reaching movement. Provide verbal cues as necessary to ensure they understand the task.



2. Record the distance from the participant's response location to the target location in centimeters after each trial.
3. Administer three trials per hand, ensuring that two of the trials involve longer reaches and one trial involves a shorter reach.
4. Allow the participant to complete each trial at their own pace.

Scoring

To calculate the BKT score for each hand, measure the distance from the target for all three trials (two longer reaches and one shorter reach). Then, select the two longest distances for each hand. Add the two longest distances together.

Left hand	Right hand
Trial 1:	Trial 1:
Trial 2:	Trial 2:
Trial 3:	Trial 3:
Total score:	Total score:

Additional notes

Borstad, A., & Nichols-Larsen, D. S. (2016). The brief kinesthesia test is feasible and sensitive: A study in stroke. *Brazilian Journal of Physical Therapy*, 20(1), 81–86. <https://doi.org/10.1590/bjpt-rbf.2014.0132>

Dunn, W., Griffith, J. W., Morrison, M. T., Tanquary, J., Sabata, D., Victorson, D., Carey, L. M., & Gershon, R. C. (2013). Somatosensation assessment using the NIH Toolbox. *Neurology*, 80(11 Suppl 3), S41. <https://doi.org/10.1212/WNL.0b013e3182872c54>