

# Parkinson's Balance Test

**Patient's full name:**

**Date accomplished:**

**Clinician's full name:**

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**What you need:** a chair for your patient, space where your patient can walk at least 10 feet, marking tape, and a yardstick

## Sit-to-Stand Test

- Prepare a chair for your patient. Place it right by a wall. Make sure the backrest is facing the wall, too. This is so the patient doesn't fall backward by accident.
- Have your patient cross their arms on their chest and have them maintain their arms crossed for the duration of this test.
- While their arms are crossed, have them stand up, then sit down again. While they're doing this, keep one of your hands behind them to prevent them from falling and hitting their head on the wall.
- Have them repeat this about ten times.
- If they're having difficulty standing up, then you can consider that as a sign that they might have Parkinson's Disease.

## Comments

## Free Walking Test

- Make sure there is enough space for the patient to walk around your clinic. The ideal distance for this test is ten feet.
- Mark a ten-foot distance on the floor with marking tape. Use a yardstick to measure the distance.
- Have your patient walk back and forth several times. It's up to you how many. Though, tell them to let you know if they are feeling tired.

- While they walk back and forth, keep an eye out for the following: loss of arm swings, loss of heel strike, if the length of their strides lessens over time, and if they lose balance whenever they turn around.

### Comments

### Pull Test

**IMPORTANT:** Please be careful when conducting this test. Make sure to explain what this test is all about to your patient before conducting it. After explaining the test to them, tell them to let you know if they are ready. If they are ready, you can conduct this test.

- Have your patient stand near a wall. Make sure their back is facing the wall.
- Stand behind the patient with your back against the wall. Make sure there's a little space between you and the patient.
- Pull on the patient's shoulders to try and make them fall backward.
- The patient must correct their center of gravity in just a step or two. If the patient takes more than two steps to correct their center of gravity, or if they aren't able to, then they are positive for this test.

**IMPORTANT:** Make sure to be ready to catch them any time if they are about to fall.

### Comments