

Star Excursion Balance Test

Patient's full name: _____ Date accomplished: _____

Conductor's full name: _____

What you need:

- A flat surface (2x2 meters)
- Sticky tape
- Measuring tape

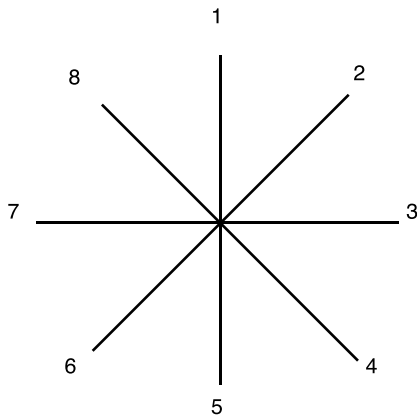
What your patient needs:

Comfortable lightweight clothing or fitness clothing

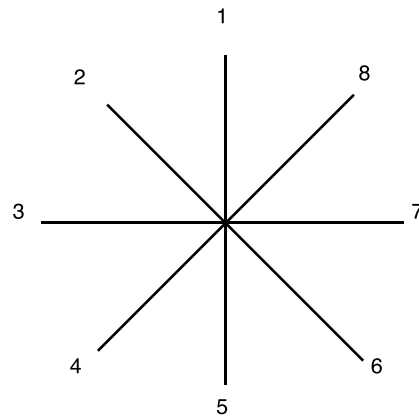
Instructions:

- Make an asterisk using sticky tape. Make sure they are 6 to 8 feet long. All ends of the asterisk should be separated by a 45-degree angle.
- First, have your patient pick one leg to use as their standing leg. This leg will be used to balance themselves throughout half of this exercise.
- Tell them to get into standing position in the middle of the asterisk and have them place their hands on their hips.
- Once they are in a standing position, they will use their other leg to reach as far as they can within the range of each direction of the asterisk but without planting their reaching foot on the ground.
- To reach for each direction, they will have to use their big toe. If they're using their left leg as their standing leg, then they will use their right leg to reach. If that's the case, then they will reach for each direction in clockwise order. If they're using their left leg to reach for each direction, they will do this in counterclockwise order.

Standing on LEFT leg



Standing on RIGHT leg



- They will have to repeat this three times per leg. Make sure to give them a trial run first, so technically, they will do this four times per leg.

They will fail if:

- If they hold onto something for balance
- If they lose their balance and fall
- They remove their hands from their hips
- If they plant their reaching foot on the ground
- If their standing foot's heel rises or moves at all

Star Excursion Balance Test Scoring

For this test, you need to score the following:

1. Anterior
2. Anteromedial
3. Medial
4. Posteromedial
5. Posterior
6. Posterolateral
7. Lateral
8. Anterolateral

Remember that if the patient uses the right leg to reach, then they will follow this in clockwise order. If they use the left leg to reach, then they will follow this in counterclockwise order.

Here are the equations you need to follow:

1. Average Distance in Each Direction (cm)

$(\text{Reach 1} + \text{Reach 2} + \text{Reach 3}) \div 3 = \text{average distance in each direction (cm)}$

2. Relative (Normalized) Distance in Each Direction (%)

$(\text{Average distance in each direction} \div \text{leg length}) \times 100 = \text{relative (normalized) distance in each direction (\%)}$

Here are examples for both (Anteromedial):

1. $(61\text{cm} + 61\text{cm} + 61\text{cm}) \div 3 = 61\text{cm}$

2. $(61\text{cm} \div 79\text{cm}) \times 100 = 77.21\%$

Input your scores here:

Average Distance in Each Direction (cm)

Direction	Right Leg	Left Leg
Anterior		
Anteromedial		
Medial		
Posteromedial		
Posterior		
Posterolateral		
Lateral		
Anterolateral		

Relative (Normalized) Distance in Each Direction (%)

Direction	Right Leg	Left Leg
Anterior		
Anteromedial		
Medial		
Posteromedial		
Posterior		
Posterolateral		
Lateral		
Anterolateral		

Last, you need to calculate the Normalized Composite Score. Here's the equation for it:

$(\text{Normalized Anterior} + \text{Normalized Posteromedial} + \text{Normalized Posterolateral}) \div 3 = \text{Normalized Composite Score (\%)}$

Here's an example: $(77\% + 77\% + 65\%) \div 3 = 73\%$

Patient's Normalized Composite Score:

Additional Comments: