

Stork Balance Test

Patient information		
Name:		
Age:		
Gender:		
Height:		
Weight:		
Date of test:		
Purpose		
<p>The Stork Balance Test is designed to assess an individual's ability to maintain balance on one leg, which is essential for athletic performance and daily activities. This test helps monitor the development of an athlete's equilibrium and proprioception skills, which are crucial for injury prevention and overall coordination.</p>		
Equipment needed		
<ul style="list-style-type: none">• Flat, non-slip surface• Stopwatch• Paper and pencil		
Test procedure		
<ol style="list-style-type: none">1. Explain the test procedure to the patient, conduct a health risk screening, and obtain informed consent. Record basic information such as age, height, weight, and gender. Allow the patient to warm up for about 10 minutes.2. Have the patient remove their shoes and place their hands on their hips. Position the non-supporting foot against the inside knee of the supporting leg.3. Give the patient one minute to practice balancing in the required position.4. Instruct the patient to raise their heel to balance on the ball of the foot. Start the stopwatch as soon as the heel is raised from the floor. Stop the watch if the hands come off the hips, the supporting foot swivels or moves, the non-supporting foot loses contact with the knee, or the heel touches the floor.5. Perform three attempts, recording the time for each. Use the best attempt to determine the balance rating according to the provided normative data.		
Results (seconds)		
Attempt 1:	Attempt 2:	Attempt 3:
Best attempt:		

Interpretation

Rating:

- Excellent: > 50 seconds
- Good: 40 - 50 seconds
- Average: 25 - 39 seconds
- Fair: 10 - 24 seconds
- Poor: < 10 seconds

The available data pertains exclusively to 15-16-year-olds and should not be used to interpret test results for a demographically diverse group of test-takers.

Additional notes

Healthcare professional information

Name:

Signature:

Date:

Reference

Johnson, B. L., & Nelson, J. K. (1979). Practical measurements for evaluation in physical education. Burgess Publishing Company.
https://books.google.com.ph/books/about/Practical_Measurements_for_Evaluation_in.html?id=JNjHM11s6G8C&redir_esc=y