

Name: _____

Date: _____

The Balance Test

Purpose: Measure proprioception (the ability to know one's body in space); vestibular function (the ability to know one's head position in space); and vision (which can be used to monitor [and adjust for] changes in body position).

Equipment: A chair with a straight back without arm rests (seat 17" high) and stopwatch

Instructions to the participant:

1. Stand tall behind or next to the chair (for safety).
2. On the command, "Go," timing is started and the participant lifts his/her left leg about 6 inches off the floor.
3. Timing stops once they put the foot down. Perform two trials with both legs.

Number: Score _____

See below average score indicates a high risk for falls.

Age	30-39	40-49	50-59	60-69	70-79	>80
Excellent	≥180	≥180	≥180	≥150	≥40	≥30
Good	61-179	61--179	61-179	45-149	25-39	15-29
Average	29-60	26-60	26-60	25-44	14-24	8-14
Below Average	16-28	14-25	10-25	6-24	4-13	3-7
Poor	≤15	≤13	≤9	≤5	≤3	≤2

*Time in seconds

Name: _____

Date: _____

The 8ft Up and Go Test

Purpose: To test leg strength and endurance

Equipment: A chair with a straight back without arm rests (seat 17" high) and stopwatch

Instructions to the participant:

1. Place the chair next to a wall (for safety) and the marker 8 feet in front of the chair. Clear the path between the chair and the marker.
2. The participant starts fully seated, hands resting on the knees and feet flat on the ground.
3. On the command, "Go," timing is started and the subject stands and walks (no running) as quickly as possible (and safely) to and around the cone, returning to the chair to sit down.
4. Timing stops once they sit down. Perform two trials.

Number: Score _____

See below average score indicates a high risk for falls.

Age	Men	Women
60-64	3.8-5.6	4.4-6.0
65-69	4.3-5.9	4.8-6.4
70-74	4.4-6.2	4.9-7.1
75-79	4.6-7.2	5.2-7.4
80-84	5.2-7.6	5.7-8.7
85-89	5.5-8.9	6.2-9.6
90-94	6.2-10.0	7.3-11.5

Name: _____

Date: _____

The 30-Second Chair Stand Test

Purpose: To test leg strength and endurance

Equipment: A chair with a straight back without arm rests (seat 17" high) and stopwatch

Instructions to the participant:

1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder crossed at the wrists.
3. Keep your feet flat on the floor.
4. Keep your back straight and keep your arms against your chest.
5. On "Go," rise to a full standing position and then sit back down again.
6. Repeat this for 30 seconds.

On "Go," begin timing. If the participant must use his/her arms to stand, stop the test. Record "0" for the number and score. Count the number of times the participant comes to a full standing position in 30 seconds. If the participant is over halfway to a standing position when 30 seconds have elapsed, count it as a stand.

Record the number of times the participant stands in 30 seconds.

Number: Score _____

See below average score indicates a high risk for falls.

Age	Men	Women
60-64	14-19	12-17
65-69	12-18	11-16
70-74	12-17	10-15
75-79	11-17	10-15
80-84	10-15	9-14
85-89	8-14	8-13
90-94	7-12	4-11

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	≥35	≥36	≥37	≥31	≥26	≥23
Good	27-34	30-35	30-36	25-30	21-25	19-22
Above Average	21-26	23-29	22-29	18-24	15-20	13-18
Average	11-20	12-22	10-21	8-17	7-14	5-12
Below Average	6-10	7-11	5-9	4-7	3-6	2-4
Poor	2-5	2-6	1-4	1-3	1-2	1-2
Very Poor	<0-1	<0-1	<0	<0	<0	<0