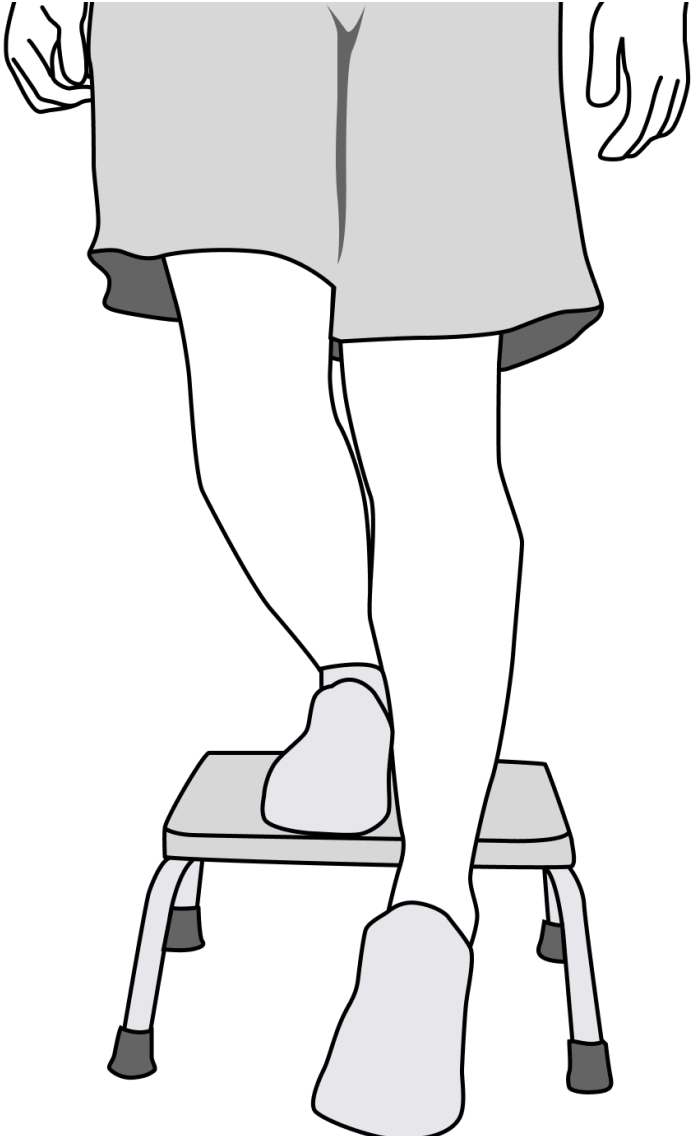


Lateral Step Down Test

Patient information	
Name:	
Age:	
Date of assessment:	
Assessor:	
Equipment	
One (1) 15 cm high step	
Test procedure	
	<p>1. Start by asking the patient to stand on one leg with their hands placed on their waist.</p>
	<p>2. The foot on the tested side should be positioned close to the edge of the step, and the other foot should be placed adjacent to the step with the knee straight.</p>
	<p>3. Instruct the patient to slowly lower themselves down by bending their knee until their contralateral foot gently touches the floor.</p>
	<p>4. They should then use their muscles to control and push themselves back up into a standing position.</p>
	<p>5. Repeat this movement for five repetitions, making sure that they maintain proper form throughout each repetition.</p>

Scoring criteria		
Criteria	Interpretation	Score
Arm strategy	Using arms to recover balance	+1
Trunk alignment	Leaning the trunk to one side	+1
Pelvic plane	Rotating or elevating the pelvis	+2
Knee position	Deviating the knee medially Deviating the tibial tuberosity medial to the second toes or medial border of the foot	+1
Steady stance	Stepping down on the non-tested side or becoming unsteady	+1
Score:		
Classification		
Classify the quality of movement using the following:		
<ul style="list-style-type: none"> • 0 or 1: Good quality of movement • 2 or 3: Medium quality • 4 or above: Poor quality of movement. 		
Classification:		
Additional notes and recommendations		
Healthcare professional information		
Name:		
License number:		
Contact number:		
Signature:		