

# Y Balance Test

Patient full name: \_\_\_\_\_ Date accomplished: \_\_\_\_\_

Test conductors full name: \_\_\_\_\_

## What you need

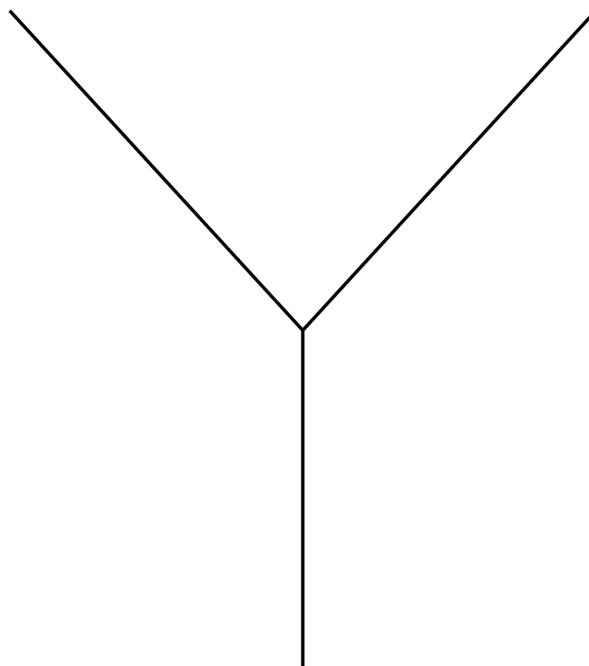
- A flat surface (2x2 meters)
- Sticky tape
- Measuring tape

## What your patient needs

Comfortable lightweight clothing or fitness clothing

## Instructions

- Make a Y on the flat surface using the sticky tape. Make sure that each direction is six to eight feet long. These directions are the anterior, posteromedial, and posterolateral. The posteromedial and posterolateral strips should be positioned 135 degrees from the anterior strip. The posteromedial and posterolateral strips should have a 45-degree angle between them.
- First, have your patient pick one leg 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 Y 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 Y but without planting their reaching foot on the ground.



## Instructions

- 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

## Scoring

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 (%)**

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

### **Example for 1 & 2 (Anterior direction):**

1.  $(57\text{cm} + 58\text{cm} + 59\text{cm}) \div 3 = 58\text{cm}$
2.  $(58\text{cm} \div 73\text{cm}) \times 100 = 79.5\%$

## Input your scores here

### **Average distance in each direction (cm)**

Direction	Right leg	Left leg
Anterior		
Posteromedial		
Posterolateral		

### **Relative (normalized) distance in each direction (%)**

Direction	Right leg	Left leg
Anterior		
Posteromedial		
Posterolateral		

Last, you need to calculate the **composite reach distance**. Here's the equation for it:

(Normalized Anterior + Normalized Posteromedial + Normalized Posterolateral) ÷ 3 = Composite Reach Distance (%)

Here's an example: (79.5% + 77% + 78.5%) ÷ 3 = 78%

**Patient's normalized composite reach distance:** \_\_\_\_\_

#### Additional notes