

Patient: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM

## The 4-Stage Balance Test

**Purpose:** To assess static balance

**Equipment:** A stopwatch

**Directions:** There are four progressively more challenging positions. Patients should not use an assistive device (cane or walker) and keep their eyes open.

Describe and demonstrate each position. Stand next to the patient, hold his/her arm and help them assume the correct foot position.

When the patient is steady, let go, but remain ready to catch the patient if he/she should lose their balance.

If the patient can hold a position for 10 seconds without moving his/her feet or needing support, go on to the next position. If not, stop the test.

**Instructions to the patient:** I'm going to show you four positions.

Try to stand in each position for 10 seconds. You can hold your arms out or move your body to help keep your balance but don't move your feet. Hold this position until I tell you to stop.

For each stage, say "**Ready, begin**" and begin timing.

After 10 seconds, say "**Stop.**"

*See next page for detailed patient instructions and illustrations of the four positions.*

For relevant articles, go to: [www.cdc.gov/injury/STEADI](http://www.cdc.gov/injury/STEADI)



**Instructions to the patient:**



**1.** Stand with your feet side by side.

**Time:** \_\_\_\_\_ **seconds**



**2.** Place the instep of one foot so it is touching the big toe of the other foot.

**Time:** \_\_\_\_\_ **seconds**



**3.** Place one foot in front of the other, heel touching toe.

**Time:** \_\_\_\_\_ **seconds**



**4.** Stand on one foot.

**Time:** \_\_\_\_\_ **seconds**

***An older adult who cannot hold the tandem stance for at least 10 seconds is at increased risk of falling.***

Notes: