

# STATIC BALANCE ASSESSMENT PROTOCOL

## Unipedal Stance Test

### Equipment:

- ▶ Stop watch or wrist watch
- ▶ 10-feet x 10-feet clear space with firm flooring

### Pre-test procedure:

- ▶ Explain the purpose of the test and that the client will be spotted for safety.
- ▶ Have the client kick a ball to identify the dominant leg.
- ▶ Model body position and demonstrate test procedures (with and without eyes closed) for the client.

### Test protocol and administration:

- ▶ Instruct the client to stand barefooted with arms folded across the chest.
- ▶ Instruct the client to focus his or her eyesight on an eye-level point on the wall directly in front. The test can be performed with eyes either open or closed. If performing the test with eyes closed, instruct the client to close his or her eyes after focusing on the point on the wall.

- ▶ Instruct the client to lift the nondominant foot up from the floor (near but not touching the ankle of the stance foot).
- ▶ The test commences when the client lifts the nondominant foot from the floor.
- ▶ The test progresses until any of the following termination criteria occurs:
  - Client opens eyes during an eyes-closed trial
  - Dominant weight-bearing foot moves in order to maintain balance
  - Nondominant foot touches the floor or moves away from the dominant weight-bearing limb
  - Client achieves the maximum 45-second duration of the test
- ▶ Administer three trials and record the best performance.

### Interpretation:

The table below can be used to interpret the unipedal stance test compared to normative data including men and women of various age groups.

## Normative Data for the Unipedal Stance Test

Age Category (years)	Eyes Open (seconds)		Eyes Closed (seconds)	
	Female	Male	Female	Male
18-39	45.1	44.4	13.1	16.9
40-49	42.1	41.6	13.5	12.0
50-59	40.9	41.5	7.9	8.6
60-69	30.4	33.8	3.6	5.1
70-79	16.7	25.9	3.7	2.6
80-99	10.6	8.7	2.1	1.8

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