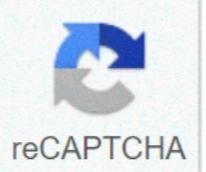




I'm not a robot



I am not
a robot!

Four stage balance test interpretation

4-stage balance test norms.



The inability to take the third step (tandem stand) or fourth step (bench on one leg) means an increased risk of falling. 1.

ASSESSMENT

30-Second Chair Stand

Purpose: To test leg strength and endurance

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

① Instruct the patient:

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, then sit back down again.
6. Repeat this for 30 seconds.

NOTE: Stand next to the patient for safety.

② On the word "Go," begin timing.
If the patient must use his/her arms to stand, stop the test.
Record "0" for the number and score.

③ Count the number of times the patient comes to a full standing position in 30 seconds.
If the patient is over halfway to a standing position when 30 seconds have elapsed, count it as a stand.

④ Record the number of times the patient stands in 30 seconds.

Number: _____ Score: _____

A below average score indicates a risk for falls.

CDC's STEADI tools and resources can help you screen, assess, and intervene to reduce your patient's fall risk. For more information, visit www.cdc.gov/steadi

Patient _____

Date _____

Time _____ AM PM

SCORING

Chair Stand Below Average Scores

AGE	MEN	WOMEN
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	< 11	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4

STEADI Stopping Elderly Accidents, Deaths & Injuries

Time required: 1-2 minutes required equipment: Stopwatch. Risk criteria for falling: less than 10 seconds at stage 3: tandem stand shows an increased risk of falling. The four balance sheet points test assesses the static balance and measures the ability of a person to perform a series of four balance items, each more complex than the previous at least 10 seconds. The inability to take the third step (tandem stand) or fourth step (bench on one leg) means an increased risk of falling. 1. Tinetti Me, Relay M, Giner Sp. Risk factors for the fall of the elderly living in the community. N English J med. 1988; 319: 1701 1707. [PubMed] [Google Scholar] 2. MB King, Tinetti Me. He comes to the elderly in society. I am social geriatric. 1995; 43: 1146 1154 .. I am a social geriatric. 1995; 43: 1214 1221. [PubMed] [Google Scholar] 4. rodidoxotolu Schiller J. S., Kramarov E. A., Act. Episodes of injuries in the elderly at Fall Hospital: US, 2001-2003, volume 392. rusejogi Hightsville, Maryland: National Health Statistics Center ensuring advanced life and health statistics; 2007. [PubMed] [Google Scholar] 5. Stevens J.A., Corso P.S., Finkelstein E.A. and other. The cost of fatal and non-commercial waste in the elderly. Indj. Before. 2006; 12: 290 295. [Free article PMC] [PubMed] [Google Scholar] 6. yivorigi Prevention of falls in further life. Report of the Kellogg International Working Group to prevent the fall of the elderly. Dan Med Bull, 1987; 34: 1-24. [PubMed] [Google Scholar] 7. Sheffer A. S., Shuermans M. xusolu J., Van Dyck N. and others. Fear of falling: measurement strategy, dissemination, risk factors and consequences for the elderly.

Four-Stage Balance Test

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

Tandem stance

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.

www.cdc.gov/injury/STEADI

Risk criteria for falling: less than 10 seconds at stage 3: tandem stand shows an increased risk of falling. The four balance sheet points test assesses the static balance and measures the ability of a person to perform a series of four balance items, each more complex than the previous at least 10 seconds. The inability to take the third step (tandem stand) or fourth step (bench on one leg) means an increased risk of falling. 1. Tinetti Me, Relay M, Giner Sp. Risk factors for the fall of the elderly living in the community. N English J med. 1988; 319: 1701 1707. [PubMed] [Google Scholar] 2. MB King, Tinetti Me. He comes to the elderly in society. I am social geriatric. 1995; 43: 1146 1154 .. I am a social geriatric. 1995; 43: 1214 1221. [PubMed] [Google Scholar] 4. Schiller J. S., Kramarov E. A., Act. Episodes of injuries in the elderly at Fall Hospital: US, 2001-2003, volume 392. Hightsville, Maryland: National Health Statistics Center ensuring advanced life and health statistics; 2007. [PubMed] [Google Scholar] 5. Stevens J.A., Corso P.S., Finkelstein E.A. and other.

1. Feet Together - Stand with feet side by side
2. Feet Staggered - place the instep of one foot so it is touching the big toe of the other foot.
3. Romberg Stance - place one foot in front of the other, heel touching toe.
4. One Foot - Stand on one foot.



1988; 319: 1701 1707. [PubMed] [Google Scholar] 2. MB King, Tinetti Me. He comes to the elderly in society. I am social geriatric. 1995; 43: 1146 1154 .. I am a social geriatric. 1995; 43: 1214 1221. [PubMed] [Google Scholar] 4. Schiller J. S., Kramarov E. A., Act. Episodes of injuries in the elderly at Fall Hospital: US, 2001-2003, volume 392. Hyattsville, Maryland: National Health Statistics Center ensuring advanced life and health statistics; 2007. [PubMed] [Google Scholar] 5. Stevens J.A., Corso P.S., Finkelstein E.A. and other. The cost of fatal and non -commercial waste in the elderly. Indj. Before. 2006; 12: 290 295. [Free article] [PMC] [PubMed] [Google Scholar] 6. Prevention of falls in further life. Report of the Kellogg International Working Group to prevent the fall of the elderly. Dan Med Bull, 1987; 34: 1-24. [PubMed] [Google Scholar] 7. Sheffer A. S., Shurmans M. J., Van Dyck N, and others. Fear of falling: measurement strategy, dissemination, risk factors and consequences for the elderly. Age -related aging. 2008; 37:19 [24. [PubMed] [Google Scholar] 8. Bann F., Dickinson A., Barnett-Pig E, and others. System review of the perception of elders and obstacles for Falls-Pento.Necessary B'ant: necessary equipment for 1-2 minutes: fee. Risk criteria: Time less than 10 seconds in level 3: Tandem posture indicates increased risk of falling. The four -part equilibrium test evaluates the static balance and measures the ability of a person to keep several four balanced positions for at least 10 seconds, each more difficult than the previous one. The third step (tandem floor) or fourth (a parking lot) means an increased risk of falling. 1. Tinetti M.E., Ralley M., Ginter S.F. Risk factors for older adults who live in society. N Engl j med. 1988; 319: 1701 \ XE2 \ x80 \ x931707. [PubMed] [Google Scholar] 2. King MB, Tinetti Me. Falls into the community among older people. J at the geriatric society. 1995; 43: 1146 \ XE2 \ x80 \ x931154. [PubMed] [Google Scholar] 3. Tinici Me, Doucette J, Klaus E and more. Risk factors for serious injuries to older adults in society. J at the geriatric society. 1995; 43: 1214 \ XE2 \ x80 \ x931221. [PubMed] [Google Scholar] 4. Schiller J. S., Kramarov E. A., Tag an. Consequences for falling injuries for older adults who were not admitted to the hospital: USA, 2001 \ XE2 \ x80 \ x932003. Volume. 392. Hyattsville, MD: National Health Statistics Center, progress in vital and health statistics; 2007. [PubMed] [Google Scholar] 5. Stevens If, Corso PS, Finkelstein EA, etc. The fatal and non -final costs are reduced in older people. Close to the previous one. 2006; 12: 290 \ XE2 \ x80 \ x93295. [PMC -Freier Article] [PubMed] [Google Scholar] 6. Prevention of the decline in later life. Kellogg International Working Group Report on falls in older adults. Poet honeybull. 1987; 34: 1 \ XE2 \ x80 \ x9324.

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