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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.

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.

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.

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.

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

Number: _____

Score: _____

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

A below average score indicates a risk for falls.

Centers for Disease Control and Prevention

National Center for Injury Prevention and Control

2017

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. rodioxotolu Schiller J. S., Kramarov E. A., Act. Episodes of injuries in the elderly at Fall Hospital: US, 2001-2003, volume 392. rusejogi Highttsville, 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., Shuurmans 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. Highttsville, 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.

Tinetti Me, Relay M, Giner Sp. Risk factors for the fall of the elderly living in the community. mixuxewave 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.



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: 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. Highttsville, 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., Shuurmans M. J., Van Dyck N. and others. Fear of falling: measurement strategy, dissemination, risk factors and consequences for the elderly. 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J Gerontolo. 1990; 45: M192-M197. [PubMed] [Google Scholar] 46. Tell w, Temple Va. Clinical staging and diversion test to identify older elderly people. Arch Phys Med Rehabilitation. 2002; 83: 1The stand presents an increased risk of falling. The Four-Step Balance Test evaluates static balance and measures an individual's ability to assume a series of four balance positions, each more difficult than the previous. Not completing the third step (tandem bench) or the fourth step (individual leg support) leads to an increased risk of falling. The waterfalls.