**BALANCE TEST – 1 LEG STAND**

Performed with eyes open and arms on the hips, the participant must stand unassisted on one leg and is timed in seconds from the time one foot is flexed off the floor to the time when it touches the ground or the standing leg or an arm leaves the hips. Participants unable to perform the one-leg stand for at least 5 seconds are at increased risk for injurious fall.

Normative Values

**18-39 years of age**

|  |  |  |  |
| --- | --- | --- | --- |
| **Eyes Open Best of 3** | **Eyes Open Mean (SD)** | **Eyes Closed Best** | **Eyes Closed Mean (SD)** |
| 45.1 (0.1) 44.4 (4.1) 44.7 (3.1) | 43.5 (3.8) 43.2 (6.0) 43.3 (5.1) | 13.1 (12.3) 16.9 (13.9) 15.2 (13.3) | 8.5 (9.1) 10.2 (9.6) 9.4 (9.4) |

**40-49 years of age**

|  |  |  |  |
| --- | --- | --- | --- |
| **Eyes Open Best of 3** | **Eyes Open Mean (SD)** | **Eyes Closed Best** | **Eyes Closed Mean (SD)** |
| 42.1 (9.5) 41.6 (10.2) 41.9 (9.9) | 40.4 (10.1) 40.1 (11.5) 40.3 (10.8) | 13.5 (12.4) 12.0 (13.5) 12.7 (12.9) | 7.4 (6.7) 7.3 (7.4) 7.3 (7.0) |

**50-59 years of age**

|  |  |  |  |
| --- | --- | --- | --- |
| **Eyes Open Best of 3** | **Eyes Open Mean (SD)** | **Eyes Closed Best** | **Eyes Closed Mean (SD)** |
| 40.9 (10.0) 41.5 (10.5) 41.2 (10.2) | 36.0 (12.8) 38.1 (12.4) 37.0 (12.6) | 7.9 (8.0) 8.6 (8.8) 8.3 (8.4) | 5.0 (5.6) 4.5 (3.8) 4.8 (4.8) |

**60-69 years of age**

|  |  |  |  |
| --- | --- | --- | --- |
| **Eyes Open Best of 3** | **Eyes Open Mean (SD)** | **Eyes Closed Best** | **Eyes Closed Mean (SD)** |
| 30.4 (16.4) 33.8 (16.0) 32.1 (16.2) | 25.1 (16.5) 28.7 (16.7) 26.9 (16.6) | 3.6 (2.3) 5.1 (6.8) 4.4 (5.1) | 2.5 (1.5) 3.1 (2.7) 2.8 (2.2) |

**70-79 years of age**

|  |  |  |  |
| --- | --- | --- | --- |
| **Eyes Open Best of 3** | **Eyes Open Mean (SD)** | **Eyes Closed Best** | **Eyes Closed Mean (SD)** |
| 16.7 (15.0) 25.9 (18.1) 21.5 (17.3) | 11.3 (11.2) 18.3 (15.3) 15.0 (13.9) | 3.7 (6.2) 2.6 (1.7) 3.1 (4.5) | 2.2 (2.1) 1.9 (0.9) 2.0 (1.6) |

**80-99 years of age**

|  |  |  |  |
| --- | --- | --- | --- |
| **Eyes Open Best of 3** | **Eyes Open Mean (SD)** | **Eyes Closed Best** | **Eyes Closed Mean (SD)** |
| 10.6 (13.2) 8.7 (12.6) 9.4 (12.8) | 7.4 (10.7) 5.6 (8.4) 6.2 (9.3) | 2.1 (1.1) 1.8 (0.9) 1.9 (1.0) | 1.4 (0.6) 1.3 (0.6) 1.3 (0.6) |

|  |  |  |  |
| --- | --- | --- | --- |
| **Eyes Open Best of 3** | **Eyes Open Mean (SD)** | **Eyes Closed Best** | **Eyes Closed Mean (SD)** |
| 33.0 (16.8) 33.8 (17.1) 33.4 (16.9) | 29.2 (17.4) 30.2 (17.7) 29.8 (17.5) | 7.7 (9.6) 8.2 (10.8) 8.0 (10.3) | 4.7 (6.0) 4.9 (6.4) 4.9 (6.2) |

Springer BA, Marin R, et al. Normative values for the unipedal stance test with eyes open and closed. Journal of Geriatric Physical Therapy.2007; 0:8-15. [Read Article in PTNow ArticleSearch.](http://search.proquest.com/docview/213617467?accountid=41004) | [PubMed Abstract.](http://www.ncbi.nlm.nih.gov/pubmed/19839175)