

Protocol for Leg Raise (aged 50-69 only)

LEG RAISE WITH EYES OPEN

Now I will show you the next movement. I want you to try to stand on one leg, whichever one you want, and raise the other leg off the ground a few inches. Stand for as long as you can - I will stop you at 30 seconds. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. You may support yourself on a chair, table or wall while getting into position. DEMONSTRATE. Do you feel that would be safe?

When I want you to start. I will say: 'Ready. begin'.

If FAIL record TIME
and STOP

If PASS record 4

LEG RAISE WITH EYES CLOSED

Now I would like you to repeat the procedure one more time, this time with your eyes closed. I want **you to close your eyes** and try to stand on one leg, whichever one you want, and raise the other leg off the ground a few inches. Stand for as long as you can - I will stop you at 30 seconds. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. You may support yourself on a chair, table or wall while getting into position. DEMONSTRATE. Do you feel that would be safe?

When I want you to start. I will say: 'Ready. begin'.

If FAIL record TIME

If PASS record 4

Protocol for Balance Measure

SIDE-BY-SIDE TANDEM

Now I will show you the FIRST movement. I want you to try to stand **with your feet together, side-by-side, for about 10 seconds**. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. You may support yourself on a chair, table or wall while getting into position. DEMONSTRATE. Do you feel that would be safe?" When I want you to start, I will say: 'Ready, begin'.

→ If FAIL record TIME

→ If PASS record 4

SEMI-TANDEM

Now I will show you the NEXT movement. I want you to try to stand **with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds**. You may put either foot in front, whichever is more comfortable for you. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. You may support yourself on a chair, table or wall while getting into position. DEMONSTRATE. Do you feel that would be safe?" When I want you to start, I will say: 'Ready, begin'.

↓ If FAIL record TIME

→ If PASS record 4

FULL TANDEM

Now I will show you the NEXT movement. I want you to try to stand **with the heel of one foot in front of and touching the toes of the other foot for about [10 OR 30] seconds**. You may put either foot in front, whichever is more comfortable for you. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. You may support yourself on a chair, table or wall while getting into position. DEMONSTRATE. Do you feel that would be safe?" When I want you to start, I will say: 'Ready, begin'.

↓ If FAIL record TIME

↓ If PASS record 4