

# Balance Measure Procedure



## 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 holds for less than 10 seconds, record **2** and enter time. If does not attempt, record **3**. Do not continue with semi-tandem position.

If holds for 10 seconds, record **1** and **move to semi-tandem position.**

## 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'.

## 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 seconds (if aged 70+) OR [about 30 seconds (if aged 50-69). 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 holds for less than time, record **2** and enter TIME. If does not attempt, record **3**.

If holds for 10 or 30 seconds, record **1**

If holds for 10 seconds, record **1** and **move to full-tandem position.**

If holds for less than 10 seconds, record **2** and enter TIME. If does not attempt, record **3**. Do not attempt full-tandem position.

# Leg Raise Procedure (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 held for less than 30 seconds, record **2** record TIME or if did not attempt, record 3 and STOP

If held for 30 seconds, record 1 and move to leg raise with eyes closed

## 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 held for less than 30 seconds, record **2** record TIME or if did not attempt, record 3.

If held for 30 seconds, record **1**.