

BALANCE TESTING – BALANCE BOARD TEST



Purpose

This test is specifically designed to measure an individual's balance and proprioception. It can be regressed to specifically target the balance of an elderly individual.

Procedure

1. This test is typically completed on a wooden balance board platform, but can be conducted on a bosu ball standing on one leg.
2. Have the client stand on the platform with feet about 15 cm apart (or one legged on a bosu ball).
3. The goal is to be able to balance on the board for at least 30 seconds. Time them for as long as they can go.
4. The time is stopped when there is contact with the floor or the individual holds onto a support.
5. Give them a practice round and three trial periods to record the best time.

NOTE: with elderly clients you may wish to regress this test and have them perform it just standing on one leg on the floor. This can then be progressed with one eye, then two eyes closed. Remember, with elderly individual, provide support so they do not fall.

Equipment

- A wooden balance board platform (or a bosu ball)
- A stopwatch

Results

Record the time that the client can balance and then compare this to a retest following a program of balance and proprioception work. If completing the one legged test, then comparison can be made between each leg.