

# MORE LIFE HEALTH BALANCE TEST RESULTS

STANCE		TIME FIRST OUT OF POSITION	HAND OR FOOT TOUCHES
FEET TOGETHER			
FEET TOGETHER EYES CLOSED			
SEMI-TANDEM **	L		
	R		
TANDEM **	L		
	R		
SINGLE LEG	L		
	R		
SINGLE LEG WITH TASK	L		
	R		

\*\* Record based on forward foot

# MORE LIFE HEALTH

## BALANCE TEST RESULTS --- **EXAMPLE**

STANCE		TIME FIRST OUT OF POSITION	HAND OR FOOT TOUCHES
FEET TOGETHER		Achieved	Nil
FEET TOGETHER EYES CLOSED		Achieved	Nil
SEMI-TANDEM **	L	Achieved	Nil
	R	Achieved	Nil
TANDEM **	L	36 seconds	3 touches
	R	Achieved	Nil
SINGLE LEG	L	6 seconds	11 touches
	R	29 seconds	5 touches
SINGLE LEG WITH TASK	L	Unable to perform	N/A
	R	8 seconds	9 touches

\*\* Record based on forward foot