

Date:
Investigator(s):
Subject:

Weekly Data Sheet

Balance Tests: Each test will be done three times, beginning on the subject's dominant leg. Record the number of seconds the subject is able to maintain balance. The subject should alternate legs for each trial. **DO NOT ALLOW THE SUBJECT TO FALL!**

1. **Standing Balance.** Subject stands on one leg. Opposite leg is bent and forms triangle on standing leg.

Circle the dominant leg.	Right	Left
Trial 1		
Trial 2		
Trial 3		
Average		

2. **Horizontal Balance** Subject stands on one leg. Opposite leg is projected horizontally backwards while both arms are projected horizontally forward. Record both time spent in this position **and** number of inches foot is from the floor.

Circle the dominant leg.	Right: Seconds	Right: Inches	Left: Seconds	Left: Inches
Trial 1				
Trial 2				
Trial 3				
Average				

3. **Step test.** Subject stands on 6-inch step, balances on one leg, squatting, touching the opposite toe to the floor with knee bent. Record the number of times this can be done with proper form.

Circle the dominant leg.	Right	Left
Trial 1		
Trial 2		
Trial 3		
Average		

4. **Dynadisk.** Subject stands on dynadisks—one foot on each. Record the number of seconds balance can be maintained.

Circle the dominant leg.	Both	Right	Left
Trial 1			
Trial 2			
Trial 3			
Average			