FUNCTIONAL REACH/MULTI-DIRECTIONAL REACH

PURPOSE:

To test balance.

EQUIPMENT NEEDED:

Yard stick or ruler mounted on wall at shoulder height

INSTRUCTIONS:

FUNCTIONAL REACH

Instruct patient to reach as far forward as possible without taking a step, keeping feet flat on floor, and keeping hands at level of ruler.
Have practice, then 2 trials.
Take best of 2, or average.

SCORING:

Less than 6 or 7 inches indicates limited functional balance.
Most healthy individuals with adequate balance can reach 10" or more.

MULTI-DIRECTIONAL REACH

Forward – Functional reach.
Backward – Same start position as forward but person leans backwards
Sideways R – Person stands with back to wall, R elbow extended with arm at level of yard stick. Lean R as far as possible.
Sideways L – Lean L

SCORING:

- Forward 8.9 + /- 3.4 inches
- Backward 4.6 + /- 3.1 inches
- Right 6.2 +/ - 3.0 inches
- Left 6.6 + /- 2.8 inches