FUNCTIONAL REACH/MULTIDIRECTIONAL REACH

Patient Name: _____ Room #: _____
Diagnosis: _____ Therapist: _____

Purpose:
To assess functional balance.

Equipment:
Yard stick or ruler

Instructions:

FUNCTIONAL REACH

Instruct patient to reach as far forward as possible without taking a step; keep feet flat on floor and hand at level of ruler.
Have practice, then perform 2 trials.
Record best of 2.

MULTIDIRECTIONAL REACH

Backwards: same position as for functional reach but patient leans backwards.
Sideways R or L: person stands with back to the wall, test elbow extended with arm at level of yardstick. Lean as far R or L as possible.

Scoring:

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

DATE	FORWARD	SIDEWARDS (R or L)	BACKWARDS