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# Information for the Y Balance Test

The following is a script to use while administering the Upper Quarter Y Balance Test. For consistency throughout all testing this script should be used during each test. Equipment needed: Y Balance Test kit and cloth tape measure

## Introduction

Please let me know if there is any pain while performing any portion of the test.

Please remove your shoes while performing the test.

Place your \_\_\_\_\_ hand on the center of the stance plate with your thumb just behind and parallel to the red starting line with the other hand on top of the reach indicator.

While maintaining the \_\_\_\_\_ hand on the platform, push the reach indicator in the red target area as far as possible with the opposite hand out to the side, then under and across, and finally over and across without resting between directions.

The reach hand must maintain contact with the reach indicator on the target area while it is motion (i.e. cannot shove the reach indicator).

Do not use the reach indicator for stance support (i.e. don't place hand on top of reach indicator).

Return the reach hand to the starting position under control.

Repeat two more times and then use the opposite arm in the same three directions.

Do you understand the instructions?

Have the participant perform each movement three times before alternating the supporting arm in the same direction.