

INTRODUCTION

This test is used to measure the static balance on the ball of the foot. This test is suitable for both boys and girls aged 10 years and above.

TEST ADMINISTRATION

EQUIPMENTS:

1. Flat non slippery surface
2. Stopwatch
3. Paper and Pencil/Pen

TEST ADMINISTRATION: The subject is asked to stand on the foot of the dominant leg and to place the ball of the other foot on the inside of the supporting knee. The subject is instructed to place the hands on the respective sides of the waist. The subject is informed that he/she will have to stand on the ball of the foot by raising his/her heel from the floor on the signal 'Start'. The tester then announces, Ready, Steady, Start! On the signal 'Start', the subject raises the heel from the floor to maintain the balance as long as possible without moving the ball of the foot from its initial position, and the tester starts the stopwatch. As soon as the subject loses the balance, indicated either by touching heel to the floor or by the movement of the foot from initial position, the tester stops the stopwatch.

SCORING: The score is given by the time in seconds for the duration of balance maintained by the subject. The score is the best of three trials attempted by the subject.

Rating	Score (seconds)
Excellent	> 50
Good	40-50
Average	25-39
Fair	10-24
Poor	<10