

Other Tests

WARNING !

All tasks should be performed with the aid of one or two assistants as "spotters" if the instability of the subject is such that there is a danger of falling during testing or the test subject has a fear of falling.

Sit to Stand

The subject changes from a sitting position with arms hanging by the sides to a standing position (the stool should have no armrests). Three protocols are pre-defined in the software.



Rising from a stool (3 pre-defined tasks) :

- get up and go (walking 3 m).
- get up twice, sitting down in-between.
- get up twice fast, sitting down in-between.

The subject is asked to stand upright, as straight as possible, with feet normally apart. The goal is to reach, or bend as far as possible, toward an object or mark located in front or to the side of the subject. There are three reaching protocols.

Lateral reaching (2 pre-defined tasks)

The subject attempts to pick up an object placed laterally at the level of the fingertips (hand hanging at the subject's side). The object is placed at a distance from the subject, relative to his/her height, at 25 cm for each meter tall (4 inches per 12 inches height). The task should be performed without bending the knees, simply bending the trunk laterally. To avoid knee bending, the subject is instructed to lift the opposite leg, i.e., if the object is on the left, the right leg is lifted; if the object is on the right, the left leg is lifted. The arm may also be raised.

- Reach laterally with object on the right.
- Reach laterally with object on the left .

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Retro-pulsion Tests

Other protocols have been developed to accommodate special needs. For example, a series of protocols already exist for testing subjects with Parkinson's Disease known as Shoulder Pulls (left backwards, right backwards and backwards expected).