

Stance Tests

The underlying principle for all balance testing is to measure the functional ability of a subject to integrate different aspects of sensory inputs into a unitary balance command during stance, especially when this ability is challenged. To judge whether the stance is normal or not, SwayStar™ provides reference data of normal subjects, over the age range 6-82 years.

Standing tasks are the easiest to perform but can be challenged by modifying the efficacy of visual (eyes closed) and proprioceptive (foam support surface) feedback. There are four two-legged and three one-legged stance pre-defined protocols available in SwayStar™. These comprise the stance part of the standard "balance deficit screening" sequence. Test duration is 20 secs or until the subject loses balance.

⚠ 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.

Two legged stance (4 tasks)



The subject is asked to stand naturally but with the feet separated hip width apart.

Four types of tests can be used :

- standing with eyes open on a normal surface
- standing with eyes open on a foam support surface
- standing with eyes closed on a normal surface
- standing with eyes closed on a foam support surface

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Stance Tests

One legged stance (3 tasks)



The subject is asked to stand on one leg of his choice. It may be necessary to have the subject try one leg or the other first before starting recording. The test should be started only when the subject is standing on one leg.

Three types of tests can be used :

- standing with eyes open on a normal surface
- standing with eyes open on a foam support surface
- standing with eyes closed on a normal surface