

Y-Balance Testing

Upper Quarter Y Balance Test



Set-Up:

- Shoes and socks OFF
- Measure arm length from C7 spinous process to distal tip of middle finger with arm abducted to 90 in standing, to closest .5 cm
- 2 practice trials PRIOR to testing in each reach direction

Testing Order:

1. Right medial reach, right inferolateral reach, right superolateral reach (3 trials)
2. Left medial reach, left inferolateral reach, left superolateral reach (3 trials)

**Perform all 3 and then rest; repeat*

Testing Criteria:

- Testing arm on platform with thumb behind and parallel to red line, feet shoulder width apart.
- Reach arm can only touch red part of box (Cannot shove the box, cannot touch the ground, etc)
- Cannot lift or move the balance hand from the platform
- Body movement allowed as long as subject returns to start position under control
- All 3 reach directions are performed sequentially WITHOUT touching down or resting between trials
- The person may touch down and rest prior to performing the next reach set
- If failed attempt, can repeat up to max of 6 attempts. If more than 4 fails, score is 0

Scoring Criteria:

- Measurement is taken to the closest .5 cm by the distance reached by the box (red side, closer side)
- Composite reach distance vs max reach distance
- Looking for two components
 - Asymmetry less than 4 cm

- Composite score above age, gender, sport specific target

Lower Quarter Y Balance Test



Set-Up:

- Shoes and socks OFF
- Measure leg length from most distal aspect of ASIS to most distal aspect of medial malleolus in supine, to closest .5 cm
- 6 practice trials PRIOR to testing in each direction

Specific Testing Order:

- | | |
|---|--|
| 1) Right anterior reach (3 trials) | 4) Left posteromedial reach (3 trials) |
| 2) Left anterior reach (3 trials) | 5) Right posterolateral reach (3 trials) |
| 3) Right posteromedial reach (3 trials) | 6) Left posterolateral reach (3 trials) |

Testing Criteria:

- Testing foot on platform, other foot can only touch red part of box (cannot kick the box, cannot step on top of box, etc)
- Stance foot movement is allowed
- Body movement allowed as long as subject returns to start position under control
- Can have rest break or touch down between sets, however not between individual trials
- If failed attempt, can repeat up to max of 6 attempts. If more than 4 fails, score is 0 for that reach direction.

Scoring Criteria:

- Measurement is taken to the closest .5 cm by the distance reached by the box (red side, closer side)
- Scoring stance leg
- Looking for three components:
 - Asymmetry less than 4 cm in anterior reach
 - Asymmetry less than 6 cm in the posteromedial and posterolateral reach
 - Composite score above age, gender, sport specific target