

Balance

Orthopedic and Sports Medicine Program

Goal:

To assess overall dynamic stability and balance for pre-season baseline, injury pre-disposition or return to activity. In addition, use for balance and proprioceptive training.

Results and Benefits:

Test provides an objective score, "stability index", that if higher than the predicted value indicates a strength, proprioception, and vestibular or visual impairment.

Balance Assessment

Two-leg stance. Age dependent normal ranges

Fall Risk Assessment, Movement Disorders and Neurological Pathologies

Goal:

To assess overall balance as a preliminary balance screening test or as an integral component of a [Fall Risk Assessment Evaluation](#). In addition, use as an objective balance performance baseline in conjunction with balance training program.

Results and Benefits:

Test provides an objective score, "stability index", that if higher than the predicted value indicates a strength, proprioception, and vestibular or visual impairment.

Testing

- Pre-season baseline
- Joint replacement, ACL, ankle sprain, fractures and amputee status
- Post injury return to activity

Training

- Proprioception and stabilization exercise
- Range of Motion exercise
- Weight Shift exercise



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