

Single Leg Stance Test Procedures

Equipment: Stop watch. Start Position: Stand erect on firm surface with arms folded across chest and the head facing straight ahead.	OLST eyes open (EO): Once standing in start position keeping the eyes open, the subject is asked to raise one leg based on preference of subject and keep the leg raised as long as possible with out touching other leg or using any support for balance.	OLST eyes closed (EC): Same procedure as for eyes open except eyes are closed upon assuming start position; that is, the eyes are closed before lifting one leg in the air.
Test procedure: Start timer	The timer starts once foot is lifted off of floor.	The timer starts once the foot is lifted off of floor.
Stop timer	The timer is stopped when the subject's foot either touches the floor, makes contact with the other leg, moves his/her stance foot to create a new base of support or moves arms out of the test position.	The timer is stopped when the subject's foot either touches the floor, makes contact with the other leg, moves his/her stance foot to create a new base of support, moves arms out of the test position or opens their eyes.

To reduce subject variability due to small scores 3 statistical designs^{2,3,4} are proposed:

- Allow for a practice trial on each leg and then record the mean of the next 2 trials on the preferred leg.
- Record the mean of 3 trials on a single leg.
- Record the best time of 3 trials.

The following tables accompany the article for the Continuing Education Course article found on pages 9-12 of this newsletter (Volume 45, No. 2). You'll find references to them in the body of the article.



Make Sure You Measure Up Tables

Table 1. Unipedal Stance Test Time by Age Group and Gender for Eyes open and Closed. Springer et al.²

Age & Gender Groups	Eyes Open Mean of 3 trials (sec) Mean (SE)	Eyes Closed Mean of 3 trials (sec) Mean (SE)
18-39		
Female (n=44)	43.5 (3.8)	8.5 (9.1)
Male (n=54)	43.2 (6.0)	10.2 (9.6)
40-49		
Female (n=47)	40.4 (10.1)	7.4 (6.7)
Male (n=51)	40.1 (11.5)	7.3 (7.4)
50-59		
Female (n=50)	36.0 (12.8)	5.0 (5.6)
Male (n=48)	38.1 (12.4)	4.5 (3.8)
60-69		
Female (n=50)	25.1 (16.5)	2.5 (1.5)
Male (n=51)	28.7 (16.7)	3.1 (2.7)
70-79		
Female (n=45)	11.3 (11.2)	2.2 (2.1)
Male (n=50)	18.3 (15.3)	1.9 (0.9)
80-89		
Female (n=22)	7.4 (10.7)	1.4 (0.6)
Male (n=37)	5.6 (8.4)	1.3 (0.6)

About this Self - Study Continuing Education Course

You'll find complete details and instructions related to the "Make Sure You Measure Up" self-study course on Page 9 of this newsletter (Volume 45, No 2).

The course is based upon four "Make Sure You Measure Up" articles published over the past year in the newsletter. For members' convenience, these articles are available in a single downloadable file from the Home Study webpage (under the

Education/Conferences menu) on the Home Health Section website. The downloadable file also includes the post-test and Tables.

Please note that your member login will be required for access to the course materials: <http://www.homehealthsection.org/login.cfm?an=1&subarticlenbr=40>