

Modified Clinical Test for Sensory Integration of Balance (m-CTSIB)

Equipment:

Stopwatch, compliant surface (e.g., Airex™ foam)

Purpose:

Assess complex sensory system to assist in determining which sensory system the Individual RELIES upon (vision, somatosensory, vestibular) and provides a means to quantify postural control under various sensory conditions.

This is a modification to the Clinical Test for Sensory Integration of Balance (CTSIB) by eliminating the use of the visual conflict dome.

Procedure:

1. Individual is asked to stand barefoot (or with acceptable shoes) with their hands at their side during 4 different conditions. Feet are recommended at shoulder width
2. Each condition is timed for up to 30 seconds
3. If they cannot maintain the position for 30 seconds, 2 additional trials are given and the 3 scores are averaged.

Conditions:

Condition 1: Stable surface, Eyes Open

Trial 1 _____

If needed: Trial 2 _____ Trial 3 _____

Average _____

Condition 2: Stable surface, Eyes Closed

Trial 1 _____

If needed: Trial 2 _____ Trial 3 _____

Average _____

Condition 3: Compliant surface (foam), Eyes Open

Trial 1 _____

If needed: Trial 2 _____ Trial 3 _____

Average _____

Condition 4: Compliant surface (foam), Eyes Closed

Trial 1 _____

If needed: Trial 2 _____ Trial 3 _____

Average _____

Overall Score (sum of all conditions): _____/120