



Pilates by Physiotherapy

Physiotherapy & Sports Injury Clinic

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Balance Assessment

SSCT



Stand on one leg with both arms above your head. Maintain a soft knee.

Eyes Open

Eyes Closed



Move your free leg out in front of you as far as you can.

Eyes Open

Eyes Closed



Move one arm down to your side and back up. Move the other arm down and back up.

Eyes Open

Eyes Closed



Bending your knee a little more, take your leg out as far behind you as you can.

Eyes Open

Eyes Closed



Move both arms out in front of you. Take one arm out to the side and back to the front. Repeat with the other arm.

Eyes Open

Eyes Closed



Move your free leg out to the side as far as you can.

Eyes Open

Eyes Closed



Lift your arms to a horizontal position and bend your elbows. Keep your pelvis facing forward, turn your upper body to the left and to the right.

Eyes Open

Eyes Closed



Take it across your body to the front. Take it across your body to the back.

Eyes Open

Eyes Closed

For both of the balance tests, score only for the worst error that you see. For example, if you wobble but then touch the floor for support, you will score 3 points	Scoring	
Relaxed, accurate performance	0	
Wobbles but does not touch the floor	1	
Violent wobbling or shifting of stance foot to regain balance	2	
Needs to touch the floor at any time	3	
Facial fixing	Add 1 point	
Foot fixing	Add 1 point	
Total		