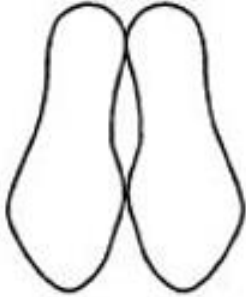







Three Position Standing Balance

- Side-by-Side Stance
- Semi-Tandem Stance
- Tandem Stance
- One leg stand

<p>1. Feet together stand</p>  <ul style="list-style-type: none">• Hold for 10 seconds	<p>2. Semi-tandem stand</p>  <ul style="list-style-type: none">• The person chooses which foot is placed in front• Hold for 10 seconds
<p>3. Tandem stand</p>  <ul style="list-style-type: none">• The person chooses which foot is placed in front• Hold for 10 seconds	<p>4. One leg stand</p>  <ul style="list-style-type: none">• The person chooses which leg to stand on• Timing starts as soon as the person raises one foot off the ground• We chose to extend the maximum length of time of the one leg stand test from 10 seconds to 30 seconds to lessen the ceiling effects of this test