



Y-Balance Test

Reach Direction	Right (cm)	Left (cm)	Composite Score	Comments
Anterior				
Posteromedial				
Posterolateral				
Symmetry				

Y-Balance Test Protocol

Purpose: Assess dynamic balance and reach across three directions on a single stance leg.

Equipment & Setup

- Y-Balance Testing Kit or tape measure and markers.
- Flat, non-slip surface.
- Athlete barefoot or in minimal footwear.
- Mark start line for stance foot and three reach directions: Anterior (0°), Posteromedial (135°), Posterolateral (225°).

Procedure

1. Athlete stands on one foot with big toe at the center of the grid.
2. Hands on hips throughout.
3. Reach with the free leg in the anterior direction, lightly touching the furthest point.
4. Return to start without shifting stance foot.
5. Repeat for posteromedial and posterolateral directions.
6. Perform 3 trials per direction, per leg; record the maximal reach distance.

Scoring & Interpretation

Reach Distance: Measure to the nearest 0.5 cm.

Composite Score Calculation: $[(\text{Ant} + \text{PM} + \text{PL}) \div (3 \times \text{Limb Length})] \times 100$; Norm $\geq 94\%$ indicates good balance.