This should help.

Gribble PA, Hertel J. Considerations for normalizing measures of the Star Excursion Balance Test. *Measure Phys Educ Exerc Sci.* 2003;7:89–100.

It is the Star Excursion Balance Test (SEBT).

Dynamic balance was assessed using the Star Excursion Balance Test (SEBT) described by Gribble and Hertel.[17](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2f%23i1062-6050-42-1-42-b17) The testing grid consisted of 8 lines, each 120 cm in length extending from a common point at 45° angle increments ([Figure 1](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2ffigure%2fi1062-6050-42-1-42-f01%2f)), and was created using standard white athletic tape placed on a firm, textured tile surface. The middle of the grid was marked with a small dot that athletes were asked to center the stance foot over during testing. The grid was marked at 1-cm increments from the center outward to facilitate scoring during testing. Researchers have reported high intertester reliability (intraclass correlation coefficients = .78 to .96) and fair to good validity (*r* = .42 to .79) coefficients for the BESS[18](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2f%23i1062-6050-42-1-42-b18) and high intratester reliability for the SEBT (intraclass correlation coefficients = .78 to .96).[19](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2f%23i1062-6050-42-1-42-b19) Although no validity coefficients are available for the SEBT, authors[20](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpubmed%2f12937574) have provided evidence that the SEBT is sensitive for screening various musculoskeletal injuries.

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|  | [**Figure 1**](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2ffigure%2fi1062-6050-42-1-42-f01%2f)  Top view of Star Excursion Balance Test grid. The grid displays directional terms for right leg dominance. Directional terms were mirrored for left leg dominance, and poses represent techniques for posterior and lateral directions |

**Procedures**

The procedures for the BESS test involved 3 stance positions each on the stable and unstable surfaces for the dominant and nondominant limbs. The 3 stance positions were double-leg stance with feet together, single-leg stance on test limb with contralateral knee in approximately 90° of flexion, and tandem stance with the foot of the test limb in line and anterior to the foot of the contralateral limb (ie, the heel of the test foot touching the toes of the back foot). Each position was held with eyes closed and hands on hips for 20 seconds in duration, and scoring was determined by recording of errors. Errors included (1) opening eyes; (2) lifting hands from hip; (3) touchdown of non-stance foot; (4) step, hop, or other movement of the stance foot or feet; (5) lifting forefoot or heel; (6) moving hip into more than 30° of flexion or abduction; and (7) remaining out of position for longer than 5 seconds.[18](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2f%23i1062-6050-42-1-42-b18) The different stances, surfaces, and limb conditions produced 10 separate BESS tasks that were randomly assigned. The double-leg stance condition was not repeated for dominant and nondominant limbs.

The SEBT protocol described by Gribble and Hertel[17](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2f%23i1062-6050-42-1-42-b17) requires participants to maintain a stable single-leg stance with the test leg and to reach for maximal distance with the other leg in each of the 8 directions ([Figure 1](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2ffigure%2fi1062-6050-42-1-42-f01%2f)). Participants were asked to execute a touchdown without using the reach leg for support. If it was determined that the reach leg was used for support or the stable base of support was compromised, the trial was repeated. The leg tested (dominant, nondominant) and order of reach direction were randomly selected before testing, and a 5-second rest with a 2-footed stance was required between reach attempts. Three trials were performed for each limb, with a 120-second rest period between trials. Before testing, participants were given 180 seconds to familiarize themselves with the SEBT grid and were asked to practice reaching in each direction. This latter period resulted in 6 trials for most directions. Subjects were instructed to reach behind the stance leg when performing trials in the posterior directions ([Figure 1](https://synergy.txstate.edu/owa/redir.aspx?C=c9c3b5d07e884331aa2b949ebf68b2f3&URL=http%3a%2f%2fwww.ncbi.nlm.nih.gov%2fpmc%2farticles%2fPMC1896078%2ffigure%2fi1062-6050-42-1-42-f01%2f)). Visual cues, such as objects on the floor and people not involved in the study, were removed from the testing area to help reduce visual and auditory influences. No encouragement or further instruction was given to the participants throughout testing. Reach distance was marked with chalk on the floor immediately next to the athletic tape that corresponded to the site of touchdown. The distance from the center of the grid to the point of touchdown was measured with a tape measure, the value was recorded to the nearest millimeter, and the chalk mark was removed after each reach to reduce visual cues.