Protocol ID: _____

Study Name: _____

Site: _____

Event Name: _____

Event Date: _____

Study Subject ID:_____

Interviewer Name:_____

Interview Date:_____

BLSA Balance Testing - Ver. 1.0

Section Title: Balance Testing
Instructions:

Date Completed   Tester ID   ☐ Blank

Exclusion Criteria
Is the participant able to stand unassisted?

◯ Yes ◯ No   Click to deselect entry**If No, DO NOT TEST**

Does the participant need to use an assistive device for standing or walking?
If Yes, DO NOT TEST   ◯ Yes ◯ No   Click to deselect entry

Prodedure:
The procedure involves standing balance under 4 different conditions: normal upright stance, stance without visual cues (e.g. eyes closed), stance without proprioceptive cues (e.g. on foam), and stance without visual or proprioceptive cues. Participants will wear a belt that will measure their sway over 30 seconds during each stance task. The tester will spot the participant during all 4 stance tasks.

Participant will have 3 attempts to achieve a 30 second stance for each dondition. If the participant is unsuccessful, the tester will move on to the next condition.
1. Floor Eyes open

ML sway cm   AP sway cm   COM sway cm^2

How stable did you feel?   (Scale of 0 - 10)   Trial successful stance achieved: ◯ 1 ◯ 2 ◯ 3   Click to deselect entry

RND   ◯ 1-Loss of balance/fall before reaching 30 seconds

                       ◯ 2-Equipment malfunction

                       ◯ 3-Could not do due to physical problems

                       ◯ 4-Cound not do due to mental problems

                       ◯ 5-Could not do due to both physical and mental problems

                       ◯ 8-Refused but theoretically could do

                       ◯ 9-Did not do due to technical problems

2. Floor Eyes closed

ML sway cm   AP sway cm   COM sway cm^2

How stable did you feel?   (Scale of 0 - 10)   Trial successful stance achieved: ○ 1 ○ 2 ○ 3   Click to deselect entry

RND   ○ 1-Loss of balance/fall before reaching 30 seconds

○ 2-Equipment malfunction

○ 3-Could not do due to physical problems

○ 4-Cound not do due to mental problems

○ 5-Could not do due to both physical and mental problems

○ 8-Refused but theoretically could do

○ 9-Did not do due to technical problems

3. Floor dynamic vision

ML sway cm   AP sway cm   COM sway cm^2

How stable did you feel?   (Scale of 0 - 10)   Trial successful stance achieved: ○ 1 ○ 2 ○ 3   Click to deselect entry

RND   ○ 1-Loss of balance/fall before reaching 30 seconds

○ 2-Equipment malfunction

○ 3-Could not do due to physical problems

○ 4-Cound not do due to mental problems

○ 5-Could not do due to both physical and mental problems

○ 8-Refused but theoretically could do

○ 9-Did not do due to technical problems

4. Foam eyes open

ML sway cm   AP sway cm   COM sway cm^2

How stable did you feel?   (Scale of 0 - 10)   Trial successful stance achieved: ○ 1 ○ 2 ○ 3   Click to deselect entry

RND   ○ 1-Loss of balance/fall before reaching 30 seconds

○ 2-Equipment malfunction

○ 3-Could not do due to physical problems

○ 4-Cound not do due to mental problems

○ 5-Could not do due to both physical and mental problems

○ 8-Refused but theoretically could do

○ 9-Did not do due to technical problems

5. Foam eyes closed

ML sway cm   AP sway cm   COM sway cm^2

How stable did you feel?   (Scale of 0 - 10)   Trial successful stance achieved: ○ 1 ○ 2 ○ 3   Click to deselect entry

RND
- ◯ 1-Loss of balance/fall before reaching 30 seconds
- ◯ 2-Equipment malfunction
- ◯ 3-Could not do due to physical problems
- ◯ 4-Cound not do due to mental problems
- ◯ 5-Could not do due to both physical and mental problems
- ◯ 8-Refused but theoretically could do
- ◯ 9-Did not do due to technical problems

6. Foam dynamic vision

ML sway cm   AP sway cm   COM sway cm^2

How stable did you feel?   (Scale of 0 - 10)   Trial successful stance achieved: ◯ 1 ◯ 2 ◯ 3   Click to deselect entry

RND
- ◯ 1-Loss of balance/fall before reaching 30 seconds
- ◯ 2-Equipment malfunction
- ◯ 3-Could not do due to physical problems
- ◯ 4-Cound not do due to mental problems
- ◯ 5-Could not do due to both physical and mental problems
- ◯ 8-Refused but theoretically could do
- ◯ 9-Did not do due to technical problems