

---

## Four Square Step Test

A test of dynamic stability and coordination when stepping over objects forward, sideways, and backward.

---

**Time:** \_\_\_\_\_ seconds

**Assistive Device(s) Used:** \_\_\_\_\_

Did any trials need to be repeated? ☐ Yes ☐ No

Did the patient remain face forward during the entire sequence? ☐ Yes ☐ No

---

### Interpretation

Cut-off scores indicating increased risk of falls by population.

Older adults/geriatrics: > 15s

Vestibular Disorders: > 12s

Stroke: > 15s or failed attempt

Limb loss/Amputation: > 24s

Parkinson's Disease: > 9.68s

### ***Minimally Clinically Important Difference (MCID)***

### ***Minimal Detectable Change (MDC)***

Parkinson's Disease: MDC = 4.6s

Degenerative Spinal Conditions: MCID = 3.6s

*These are published values for specific populations and provide guidance if the patient does not have the listed condition.*

---

---

### **Selected References**

1. Dite W, Temple VA. A clinical test of stepping and change of direction to identify multiple falling older adults. *Arch Phys Med Rehabil.* 2002;83(11):1566-1571.
  2. Blennerhassett JM, Jayalath VM. The Four Square Step Test is a feasible and valid clinical test of dynamic standing balance for use in ambulant people poststroke. *Arch Phys Med Rehabil.* 2008;89(11):2156-2161.
  3. Dite W, Connor HJ, Curtis HC. Clinical identification of multiple fall risk early after unilateral transtibial amputation. *Arch Phys Med Rehabil.* 2007;88(1):109-114.
  4. Duncan RP, Earhart GM. Four Square Step Test performance in people with Parkinson Disease. *J Neurol Phys Ther.* 2013;37(1):2-8.
  5. Whitney SL, Marchetti GF, Morris LO. The reliability and validity of the Four Square Step Test for people with balance deficits secondary to a vestibular disorder. *Arch Phys Med Rehabil.* 2007;88(1):99-104.
-