

PROBalance³⁶⁰

Balance & Fall Prevention Test Form



Name:

Date:

Step 1: Both Feet on the Floor

Stand with both feet on the floor, about shoulder width apart, with your hands at your sides

2 Feet, Eyes Open

Pass

Fail

2 Feet, Eyes Closed

Pass

Fail

Step 2: 1-Leg Balance Test, Eyes Open

Stand with one foot on the floor, one leg bent 90 degrees at the knee, eyes open

Right Leg, Eyes Open

Pass

Fail

Left Leg, Eyes Open

Pass

Fail

Step 3: 1-Leg Balance Test, Eyes Closed

Stand with one foot on the floor, one leg bent 90 degrees at the knee, eyes closed

Right Leg, Eyes Closed

Pass

Fail

Left Leg, Eyes Closed

Pass

Fail

Step 4: Recommendation for Care
