

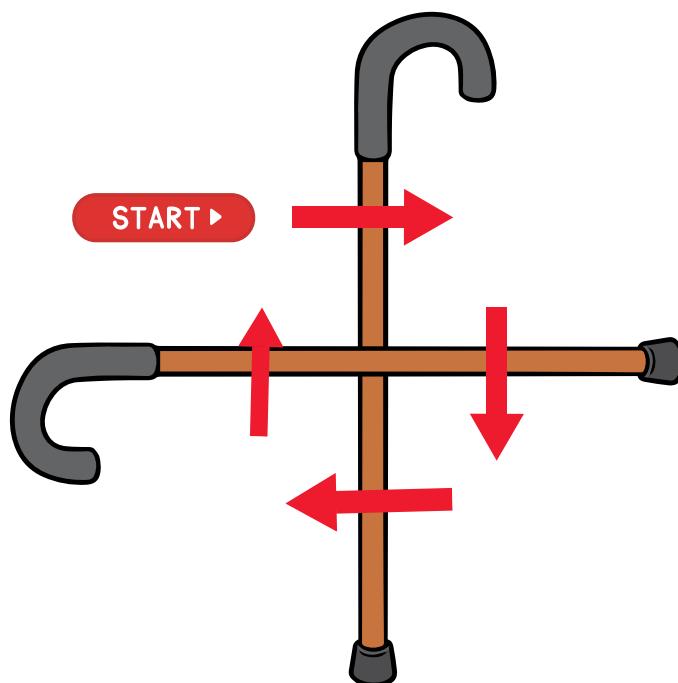
# Four Square Step Test

## What's the purpose?

The Four Square Step Test measures your balance, coordination and stability while standing and walking, as well as your ability to step over low objects on the floor. The test is often used in older adults and in people with balance or movement disorders. It helps measure your risk of falling.

## What do I have to do?

Your therapist will place two walking canes on the floor in a plus sign. This will create four squares. You will be asked to step from one square to another going clockwise and then counterclockwise. You will do this test two times, and the best time of the two trials is your score. Your therapist will show you how to do the test, and you will have the chance to practice the test once before you are timed. You should complete the test as quickly as possible. Both your feet must touch the floor in each square.



## What does my score mean?

Scores are given in seconds. Higher scores indicate a higher risk of falling. People with different health issues, for example, people who have Parkinson's disease, people with balance disorders and people with limb loss, among others, have different scores that indicate a higher risk of falling.

Talk with your therapist about what your score means.

To see a full summary of this instrument and more, visit [sralab.org/rehabilitation-measures](http://sralab.org/rehabilitation-measures).

Questions? Email [rehabmeasures@sralab.org](mailto:rehabmeasures@sralab.org) or call 312.238.2802

