

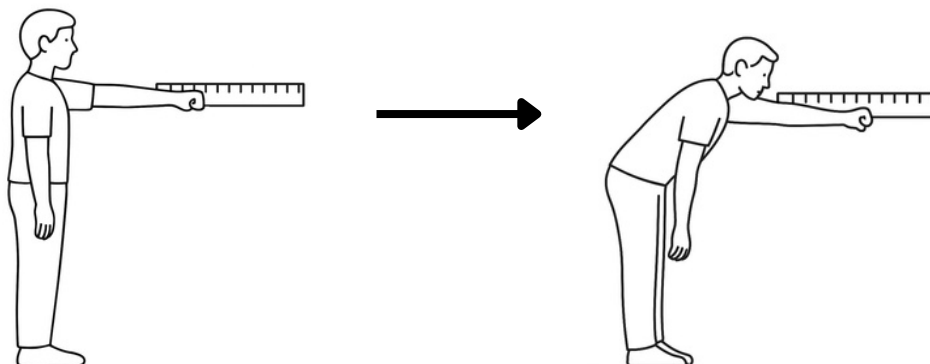
Functional Reach Test

What's the purpose?

The Functional Reach Test evaluates a person's balance and stability. It can also predict risk for falling. The test is often used with people who have had a stroke, have balance disorders, or are older adults. It can also track improvements in balance and stability over time, such as during physical therapy. It takes about 5 minutes to complete.

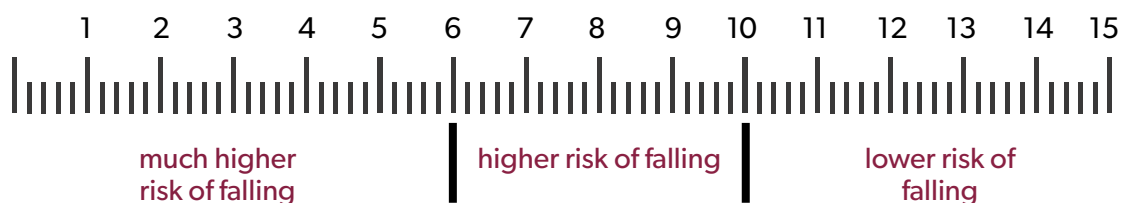
What do I have to do?

- Your therapist will attach a ruler to a wall at your shoulder height.
- Stand upright next to the ruler with your feet shoulder-width apart.
- Lift the arm closest to the wall so it is parallel to the floor and in line with the ruler. Make a fist with your hand.
- Your therapist will note the position of your knuckles on the ruler.
- Reach forward as far as you can without moving your feet or taking a step.
- Your therapist will note the ending position of your knuckles.
- You will get two practice tries and three test trials.
- The difference between where your knuckles start and where they end when you reach forward is your "functional reach" distance. The average distance of the three test trials is your score.



What does my score mean?

Most healthy adults can reach about 10 inches or more. People who cannot reach 10 inches are more likely to fall. Scores depend in part on age, sex, and condition, so talk to your therapist about what your score means for you.



To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.

Questions? Email rehabmeasures@sralab.org or call 312.238.2802