



# JobFit System PEFA

## Musculoskeletal Screen: Standing Balance Test

### Setup



**Equipment:** Clear test area

**Time:** 30 secs Eyes Open +/- 10 secs Eyes Closed

**DO NOT TEST** if the participant has reported dizziness / vertigo or you note significant balance or sensory issues identified during the mobility testing phase

### Safety

- Proceed with caution if participant has lower limb weakness or mobility issues
- Ensure testing area is clear with no sharp objects nearby
- Stand close to the participant and be ready to support them if they lose balance
- Stop immediately, if participant reports pain or asks to stop for any reason
- DO NOT TEST with Eyes Closed if they don't achieve Eyes Open

### How to do it

### What to say

1. Clear the testing area of obstacles
2. Demonstrate the activity and advise of what to do and what not to do
3. Instruct the participant to move into preferred test position and start the task. If applicable, start on the 'affected' side
4. Eyes Open: If they reach 30 seconds, ask them to stop and repeat on the other side; if they don't reach 30 secs, give them another 2 attempts for each side
5. Eyes Closed: ONLY if they have achieved 30secs eyes open, then test Eyes Closed on that side. If they reach 10 secs, ask them to stop; if they don't reach 10 secs, give them another 2 attempts for each side
6. Record the time for each attempt and any observations or reports

"When I ask you to start, please stand in the area I indicate on your [Left] leg with your arms by your side and I will start timing. We are aiming for 30 seconds with your Eyes Open. You can have 3 attempts. We will then try the other side. I will tell you when you reach 30 secs.

If you feel unsteady, please put your foot down. Please do not twist or hop, just stop. Please tell me if at any time you feel uncomfortable or want to stop. Any questions?"

#### If Eyes Open target is met:

"We are now going to try with your Eyes Closed. Please get your balance with your eyes open and when you are ready, please close your eyes. I'll then start timing. We are aiming for 10 seconds. You can have 3 attempts. I will tell you when you reach 10 seconds.

Remember, if you feel unsteady, please open your eyes and put your foot down. Please do not twist or hop, just stop. Please tell me if at any time you feel uncomfortable or want to stop. Any questions?"

### How not to do it (including signs of discomfort or fatigue)



- ✗ Arms extended or flailing
- ✗ Legs locked together to stabilise
- ✗ Using a pillow

