

single leg stance norms by age

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Single leg stance or “One-legged stance test”

With regards to use for people with PD: Average time of SLS for age 80 in healthy older adults is < 10 seconds (Springer, 2007). This may not be a valid predictor of falls in individuals over age 80.

Normative Values for the Unipedal Stance Test with Eyes Open and Closed

Therefore, the purpose of this study was to document normative values for the UPST with eyes open and closed in a large population by age and gender to serve as an acceptable reference standard. Our research hypothesis was that UPST would decrease as age increased.

Timed Single Limb Stance (SLS) Test: Reference Guide

The timed single limb stance (SLS) test is an outcome measure designed to assess static balance and the ability of the subject to stand on a pathological or sound limb.¹ Many variations of the SLS exist due to the amount of time it has been in use and the many different populations it has been used to test.

Single Leg Stance Test - Physiopedia

The Single Leg Stance (SLS) Test is used to assess static postural and balance control. The SLS Test is a balance assessment that is widely used in clinical settings to monitor neurological and musculoskeletal conditions.

Normative values of functional reach test, single-leg stance test, and ...

Differences in TUGcog times across age groups observed in this study imply that the normative reference values should be age-specific. In the current study, females performed better than males across age groups.

Single Leg Stance Test (SLS) - Complete Explanation + PDF

These documents include detailed information on the Single leg stance test procedure, as well as established Single leg stance norms by age to facilitate accurate assessment.

Single Leg Stance Test Normative Data And Instructions

One-leg balance is an important predictor of injurious falls in older persons. J Amer. Geriatr Soc. 45:735-738.

(PDF) Static Balance Norms in Children - ResearchGate

Objectives: The ability to sustain single leg stance and tandem stance is often used to determine the balance abilities of children, particularly after ankle or foot injury. The aim of this...

Single Limb Stance Times - University of Missouri

This meta-analysis was conducted to derive normative reference values for single limb stance (SLS) with the eyes opened. The initial analysis involving 22 studies and 3484 participants (60- 99 years) identified a mean SLS time of 15.7 seconds.

Single Leg Stance Test - Assessment of Balance and Stability

What is a Single Leg Stance Test? The Single Leg Stance Test is a functional assessment used in various fields, including physical therapy, sports medicine, and geriatric care. It is designed to evaluate an individual's ability to maintain balance and stability while standing on one leg.