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Single Leg Stance Test

Description: A measure of the ability to stand on one leg and maintain balance

Equipment: Stopwatch

Patient Instructions: "I am going to time how long you can stand on one leg for each leg, keeping your hands on your hips. We will randomly pick one leg to start. I will start the clock when your foot lifts off the floor. You may balance using any method that you like as long as you are on one leg and the other leg is unsupported. I will stop the clock either when your foot touches the ground, your hands come off your hip, you more your standing foot or the opposite foot braces against the standing leg."

Therapist Instructions: The test should, ideally, be performed with the patient's shoes off. Demonstrate the test for the patient. Use a coin to determine randomly which leg they will do first each time. Repeat three times for each leg. Average the scores.

Age Matched Norms:

Single Limb Stance	Age in years	Mean in seconds
	20-29	30.0
	30-39	30.0
	40-49	29.7 +/- 1.3
	50-59	29.4 +/- 2.9
	60-69	22.5 +/- 8.6
	70-79	14.2 +/- 9.3

Timed single leg stance (SLS) has been correlated with amplitude and speed of sway in people without disease (Billek, 1990). The ability to maintain SLS generally decreases with increasing age (Bohannon et al, 1985; Ekdahl et al, 1989). Single leg stance has been shown to improve over the course of 6 months of rehabilitation (Judge et al, 1993) and during multi-site FIXCIT trials. Initial foot position affects the ability to stand in single leg stance (Kirby, Price, and Macleod, 1987). Rossiter and Wolf et al (1995) found that older adults in the community could maintain SLS for 10 sec about 89% of the time and nursing home residents for 45% of the time.