



REACH TEST

The Reach Test is a modified version of the Functional Reach Test used in the geriatrics field since 1991. The results of this assessment are used to construct the Joint Mobility and Static Balance exercises in your client's program. This is because the Reach Test requires good flexibility throughout the kinetic chain and the ability to maintain balance in order to score well.

Equipment needed for the Reach Test includes:

- Standard yardstick (36" in length)
- Adhesive tape in order to affix the yardstick to a wall
- Straight edge (such as a standard ruler) for you to determine start & end points on the yardstick
- Good math skills (or a calculator!!!) to determine reach distance by subtracting the start point from the end point to the closest 0.25"

Here how to the set up for the Reach Test:

- Have your client stand next to a wall and affix the yardstick at mid-shoulder capsule height, make sure the yardstick is level
- Demonstrate the Reach Test to your client using the following procedures and have the client demonstrate at least once before taking measurements

Here is the procedure to deliver the Reach Test:

- Have your client stand next to a wall and affix the yardstick at mid-shoulder capsule height, make sure the yardstick is level
- Start by standing with the dominant side closest to the wall with the feet hip width apart, form a fist with the dominant hand, lift the straightened arm to the height of the yardstick, square up the shoulders to be aligned with the hips (many people "pre-reach" which is very common, opposite arm remains at side throughout the test)
- Measure start point on the yardstick to closest 0.25" using the straight edge aligned at the end of the fist

- Reach straight forward as far as possible, allowing hips to hinge, knees to bend, torso to rotate and arm to stretch while keeping the fist at the height of the yardstick and the heels on the floor
- Once maximal reach has been reached, measure end point on the yardstick to closest 0.25" using the straight edge aligned at the end of the fist
- If the client reaches past the end of the yardstick, move him/her back so that both the start point and end point are along the yardstick
- Client returns to starting position, standing tall with both arms at the side
- Calculate the reach distance by subtracting the start point from the end point – BE SURE TO CONVERT TO A POSITIVE NUMBER!
- Perform 2 trials on dominant arm then have the client go to the other end of the yardstick and turn around and then perform 2 trials on non-dominant arm
- Enter the best score (the largest reach distance) into the data entry field on the web platform

Here are the criteria for a YES selection on the movement observations for the Reach Test:

1. If the client has difficulty standing at hip width or is visibly wobbling in the standing position. Additionally, you may ask the client if they feel wobbly when standing
2. If the client takes a step or shuffles the feet forward or backward to compensate for loss of balance at any point (even to a small degree)
3. If the client's fist is unable to stay even with the height of the ruler at the end point of the reach – you may ask your client to lift the fist higher but you cannot provide any assistance
4. If the client has difficulty keeping balance at the furthest point of the reach. Additionally, you may ask the client if they feel wobbly at the end of the reach
5. If the movement in and out of the reach position is not smooth and controlled. Additionally, you may ask the client if they feel wobbly during the movement