

Single leg stance

What to watch?

HAVE CLIENT REMOVE SHOES AND SOCKS BEFORE TEST.

- **OBSERVE HOW THEY REMOVE THEM.**
- **ARE THEY SITTING, STANDING, HOLDING ON?**
- **IS IT THE SAME ON EACH SIDE?**

TRANSFER PHASE

STARTING ALIGNMENT



- **Observe the stance width and foot alignment.**
- **Observe transfer of weight in the sagittal, transverse and/or frontal plane.**

INITIATION OF MOVEMENT



- **Do they lead with their head, trunk, hips or move together?**

SPEED



- **Does speed change their stability?**
- **How quickly can they transfer their weight from double limb stance to single limb stance?**

MAINTENANCE PHASE

LIFTED LEG



- **How high is the leg lifted off the ground?**
- **Is it lifted in front, to the side or behind?**
- **Do they brace their leg onto the standing leg (like tree pose)?**

STANCE LEG

FOOT/TOES



- **Are the toes gripping the ground?**
- **Is the foot searching for stability in/out of eversion/inversion?**
- **Is there more weight forward or backwards on the foot?**



HIP/TRUNK

- **Do you see a Trendelenberg (Does one hip drop?)**
- **Do they stand erect or flex at the hips**



ARMS

- **Do they keep arms out to the side?**
- **Do arms move to try to maintain stability?**



HEAD

- **Is their head over their foot?**
- **Is their head flexed forward or tilted to the side?**



VISION

- **Are they looking straight ahead and/or staring at a point?**
- **Are they looking down?**
- **If they move their eyes, does it change their balance?**

GENERAL APPEARANCE

- **Are they holding their breath? Clenching? Sweating?**
- **Do they hop to try to stand longer?**
- **Do they lock their joints (co-contract)?**
- **What is their initial sway pattern vs staying longer in the position? (Does it improve or worsen?)**