

Evaluation Results

Name: _____

Date: _____

Test:	Range:	Result:
Anterior Reach Distance: <i>Measured from umbilicus to wall pre and post forward lean</i>	4.5 inches	_____ inches
Strength beneath big toe:	10% BW	R _____ L _____
Strength beneath toes 2-5:	7% BW	R _____ L _____
Heel-Raise Metronome Test:	See Fig. 7 for ranges	R _____ L _____
Sit-to-Stand Test:	5 times in 10 secs 50-60, 11.4 secs 60-70, 12.6 secs 70-80, and 15 secs 80-90.	_____ seconds
Alternate Step Test:	8 steps in 10 seconds or less (12 secs if over 75)	_____
Hip Rotation Strength:	20% BW	R _____ L _____
Core Strength:	45 seconds	R _____ L _____
10-Second Balance Test:	Pass/Fail	R _____ L _____
256 cps Tuning Fork Test: <i>Could feel 2 out of 3 tests</i>	Pass/Fail	R _____ L _____
Near Tandem Stand Test: <i>If first try less than 5 secs, repeat test.</i>	10 seconds Pass/Fail	_____ seconds
Range of Ankle Dorsiflexion:	34°	R _____ L _____
Range of Inversion/Eversion:	25°	R _____ L _____
Neck Rotation:	75 degrees each direction	R _____ L _____
Foot Architecture: <i>Flat feet, bunions, hammer toes (circle if present)</i>	Medial drift in mm	R _____ L _____