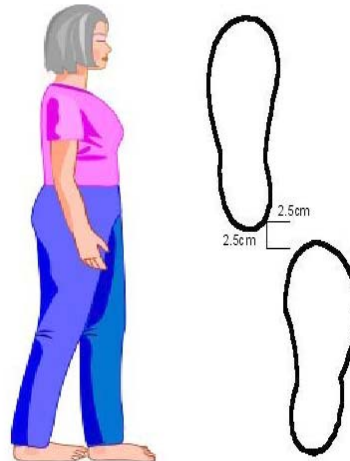


How to do the Tandem Stance Test

Purpose: To assess static balance

Equipment:

- A stopwatch



Instructions to the patient:

- Place one foot in front of the other, heel to toe. You can hold onto the chair until you feel balanced. When I say **“Go”**, let go and keep your feet in this position without holding on or taking a step until I say **“Stop”**.
- Say **“Go”** and begin timing. After 10 seconds, say **“Stop”**.

Time: _____ **seconds**

An older adult who cannot hold the tandem stance for at least 10 seconds is at increased risk of falling.

References: Murphy et al, 2003

Notes: