Baseline Assessment Chart

Safe But Challenging Stance Finder

Neutral Stance

Eyes-Head	Capability		Comfort	Time	Natas
	~	Х	1 - 10	In Seconds	Notes
Open					
Closed					
Open, Rotate					
Open, Nod					
Closed, Rotate					
Closed, Nod					

Adapted from the Z-Health Balance Gym.