

# Baseline Assessment Chart

Safe But Challenging Stance Finder

**Single Leg**

Eyes-Head		Capability		Comfort	Time	Notes
		✓	X	1 - 10	In Seconds	
Open	Left					
	Right					
Closed	Left					
	Right					
Open, Rotate	Left					
	Right					
Open, Nod	Left					
	Right					
Closed, Rotate	Left					
	Right					
Closed, Nod	Left					
	Right					

Adapted from the Z-Health Balance Gym.