

Baseline Assessment Chart

Safe But Challenging Stance Finder

Split Stance (Heel to toe)

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

Adapted from the Z-Health Balance Gym.