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### WHO?
This is a great outcome measurement for...
- Older adults
- Stroke population
- Parkinson’s patients
- Alzheimer’s patients
- Vestibular disorders
- Limb Loss/amputees

### WHAT?
Functional outcome used to assess dynamic stability and the ability of the subject to step over low objects forward, sideways, and backward.

### TEST PROCEDURE
1. The patient starts the test in Square 1 facing Square 2.
2. The patient will then step into each square as fast and safely as possible in a clockwise direction and then immediately counterclockwise (Square 1,2,3,4,3,2,1).
3. Timing starts when the first foot contacts the floor in Square 2 and stops when the last foot touches the floor in Square 1.
4. Test procedure may be demonstrated as well as a single practice trial prior to the test if needed.
5. The better time (in seconds) out of two trials performed will be taken as the testing score.

Repeat trial if patient: Fails to complete the sequence successfully, loses balance, or makes contact with the rod/cane

### SAFETY
- Allow rest breaks between trials
- If unable to face forward for the entire sequence, participants may turn before stepping into the next square.

### UNITS OF MEASURE
<table>
<thead>
<tr>
<th>Seconds</th>
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<td>&lt;15 Seconds: Not at risk for falls</td>
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<td>&gt;15 Seconds: At risk for multiple falls</td>
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### RELIABLE. VALID. RESPONSIVE.
- Cross-sectional study: Examined FSST reliability and validity for individuals with vestibular deficit and frequent report of falls.
- "The FSST showed significantly better performance scores (P<.01) than the healthier/less impaired group."

Conclusion: FSST is a quick, reliable and valid measure to assess balance and quick changing of direction for older adults secondary to vestibular disorder.

This test is also valid to find vestibular deficits in younger adults as well

### LIMITED EQUIPMENT NEEDED:
- Stop watch
- Gait belt
- 2 lines of measuring tape or 4 rods/canes (approximately 100 cm. in length and 1 inch in height).

Time:
- 5 minutes or less

### CLOSING THOUGHTS
- Feasibility?
  - Easy to administer, fast, patient-friendly, and requires minimal equipment.
  - We believe that patient acceptability would be high. This test is user-friendly and quick.
  - Difficult to administer to patients with cognitive and visual impairments.
  - Dependent on patient’s impairments and goals.

- Better tests?
  - Other tests (i.e. TUG, SPPB, and 30-second sit-to-stand) also evaluate leg strength.