WHAT DO YOU NEED?
- Designed to be performed at hospital bedside with a PT or healthcare personnel
- Equipment
  - Step stool/riser
  - Stopwatch
  - Tape measure
  - Small, lightweight object (taped measure or stopwatch work for this as well)
  - FIST scoring sheet (14 items, 0-4 scoring)

PATIENT POPULATION
- Patients who are unable to tolerate a balance test that involves standing or gait tasks
- Patients with a known sitting balance deficit
- Low functioning individuals who may score too low on other balance measures
- Impulsivity or safety issues while sitting
- Patients who want to work on speed and motor control while seated

WHAT DO YOU NEED?
- Equipment
  - Step stool/riser
  - Stopwatch
  - Tape measure
  - Small, lightweight object (tape measure or stopwatch work for this as well)
  - FIST scoring sheet (14 items, 0-4 scoring)

MEASURE PROCEDURES
- Perform one trial per item
- Verbal Instructions and Demonstrations can be provided by the PT if needed
- Have the patient start in Standard Sitting position on edge of bed
  - ½ of femur length supported on mattress
  - Hips + knees flexed to 90°
  - Feet flat on floor
  - Hip should not be abducted/adducted or internally/externally rotated
  - Hands in lap unless needed for support

PURPOSE OF THE MEASURE
- Assess functional sitting balance
- Quantify patient performance for specific functional sitting tasks
- Provide method of tracking changes in sitting balance over time

SOURCES