

Single Leg Stance Test

Performed with eyes open and arms on the hips, the participant must stand unassisted on one leg and is timed in seconds from the time one foot is flexed off the floor to the time when it touches the ground or the standing leg or an arm leaves the hips. Participants unable to perform the one-leg stand for at least 5 seconds are at increased risk for injurious fall.

Single Leg Stance Test (Minimal Detectable Change (MDC): 8-12 sec)
< 5 sec (open ogen) volwassenen hebben dan 2x zo grote kans om te vallen

	Gemiddelde ogen open		Gemiddelde ogen dicht	
Leeftijd	man	vrouw	Man	vrouw
60-69	28.7 (16.7)	25.1 (16.5)	3.1 (2.7)	2.5 (1.5)
70-79	18.3 (15.3)	11.3 (11.2)	1.9 (0.9)	2.2 (2.1)
80-99	5.6 (8.4)	7.4 (10.7)	1.3 (0.6)	1.4 (0.6)

- Springer BA, Marin R et al. Normative values for the unipedal stance Test with eyes open and closed. J Geriatr Phys Ther. 2007;30(1):8-15.
- Bohannon RW. Responsiveness of the single-limb stance test. Gait Posture 2012;35(1):173.
- Vellas B, Wayne S et al. One-leg balance is an important predictor of injurious falls in older persons. J Am Geriatr Soc. 1997;45:735-8.