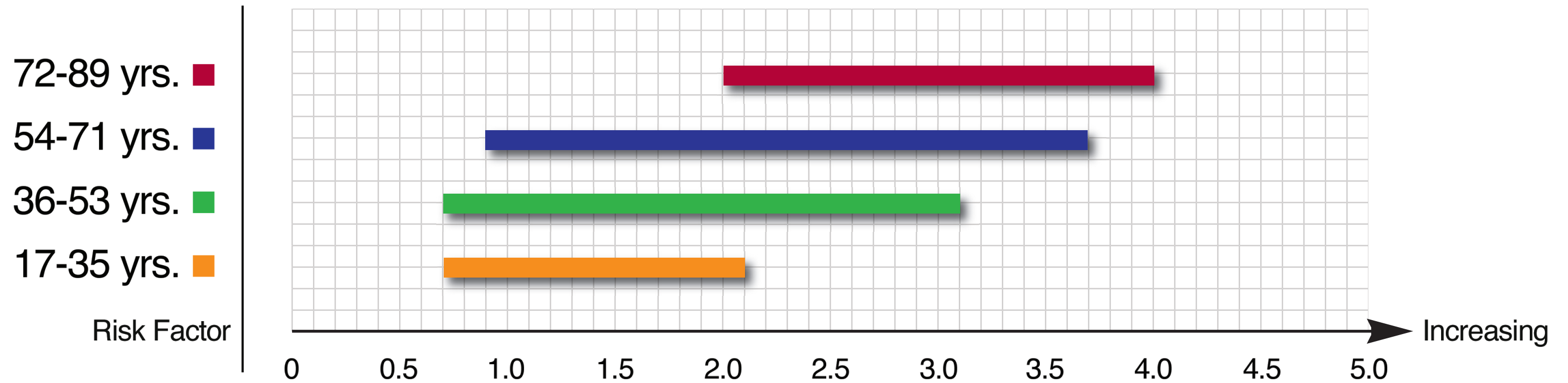


Balance Index



Compare your score to the age group of healthy active people.

Fall Risk Predictive Values
Joan A. Finn, D.P.E., Exercise Science Department, Southern Connecticut State University,
New Haven, CT – May 2010

Testing Protocol:
The testing protocol consisted of three 20 second trials using the postural stability testing feature within the BSD software. During each test trial, the platform gradually became less stable at four second intervals. The initial stability level was set at level 12 and ended at level 8. Participants were given a 10 second rest between each of the three trials.

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