

Balance Error Scoring System

Errors		Firm	Foam
1. Opening eyes 2. Hands off iliac crests 3. Step, stumble, fall 4. Lift forefoot or heel 5. >30° flexion or abduction 6. Out of position >5 sec.	Double-leg		
	Single-leg		
	Tandem		
	Sub-totals		
	Total Score		

Comments: