YBT-LQ (Y-Balance Test—Lower Quarter)
Dynamic test performed in single-leg stance. Requires core control, proprioception, strength, and flexibility.

**Goal:** Maintain a single-leg stance while reaching as far as possible with the opposite (contralateral) limb.

**Limb Length:** Measure ASIS to most distal aspect of medial malleolus. [Supine] [Record nearest 0.5 cm]

**Practice:** 6 practice trials in all 3 directions prior to formal testing.

**Testing Order:** (1) Right anterior reach (3 trials), (2) Left anterior reach (3 trials), (3) Right postero-medial reach (3 trials), (4) Left postero-medial reach (3 trials), (5) Right postero-lateral reach (3 trials), (6) Left postero-lateral reach (3 trials);

*Leg being measured is the stance leg (simple represents the pattern).*

**Maximal Reach Distance:** Read tape measure at edge of indicator on equipment. Maximal reach in each direction is their final number. If *failed attempts*, perform maximum of 6 trials in a single direction; if >4 failed attempts = 0 score.

**Score (each direction):** Should not be > than 4 cm Right & Left reach difference in anterior direction. Should not be > 6 cm reach distance in postero-medial & postero-lateral directions.

**Composite Score (sum of 3 directions divided by 3x limb length, then x 100):** Not less than cut off points for age, gender, and sport/activity of the individual.

* Testing Script (YBT-LQ)
* Please let me know if there is any pain while performing any portion of the test.

* Remove your shoes while performing the test.

* Place your _____ foot on the center of the footplate with your toes just behind the starting line.

* While maintaining the foot on the platform, push the indicator in the red target area as far as possible with the opposite leg.

* The reach foot must maintain contact with the reach indicator on the target area while it is in motion (i.e. cannot kick it forward).

* Do not use the reach indicator for stance support (i.e. do not place moving foot on top of it for balance).

* Return the reach foot to the starting position under control (i.e. return reach foot to floor behind the angle, next to stance platform).

*Do you understand the instructions?*
YBT-UQ (Y-Balance Test—Upper Quarter)
Dynamic test where upper quarter mobility and stability maximally challenged with the core/trunk; Stability of stance arm, shoulder girdle, and trunk at same time as mobility of reach arm, shoulder girdle, and trunk.

**Goal:** Maintain a pushup position centered over the platform and push the reach indicator with one hand as far as possible in 3 directions (i.e. medial, infero-lateral, supero-lateral).

**Arm Length:** Measure Cervical C7 SP to most distal tip of 3rd digit [Seated/Standing arm abducted at 90°]

[Record nearest 0.5 cm]

**Practice:** 2 practice trials in all 3 directions prior to formal testing.

**Testing Order:** Thumb just behind & parallel to red line with feet shoulder-width apar & hands directly under shoulders. (1) Right medial reach (3 trials), Right infero-lateral reach (3 trials), Right supero-lateral reach (3 trials),

(2) Left medial reach (3 trials), Left infero-lateral reach (3 trials), Left supero-lateral reach (3 trials).

**Arm being measured is the stationary hand (simple represents the pattern).**

**Maximal Reach Distance:** Read tape measure at edge of indicator on equipment. Maximal reach in each direction is their final number. If **failed attempts**, perform maximum of 6 trials in all 3 directions; if >4 failed attempts = 0 score.

**Score (each direction):** Should not be > than 4 cm Right & Left reach difference in medial, infero-lateral, and supero-lateral directions.

**Composite Score (sum of 3 directions divided by 3x arm length, then x 100):** Not less than cut off points for age, gender, and sport/activity of the individual.

**Testing Script (YBT-LQ)**
Please let me know if there is any pain while performing any portion of the test.

* Remove your shoes while performing the test.

* Place your _____ hand on the center of the stance plate with your thumb just behind and parallel to the red starting line with the other hand on top of the reach indicator.

* While maintaining the _____ hand on the platform, push the indicator in the red target area as far as possible with the opposite hand out to the side, then under and across, and finally over and across without resting between directions.

* The reach hand must maintain contact with the reach indicator on the target area while it is in motion (i.e. cannot shove it).

* Do not use the reach indicator for stance support (i.e. do not place hand on top of it for balance).

* Return the reach hand to the starting position under control.

* Repeat two more times then use the opposite arm in the same 3 directions.

*Do you understand the instructions?
Lower Quarter Y-Balance Test:

<table>
<thead>
<tr>
<th>Direction</th>
<th>Right Trial 1</th>
<th>Right Trial 2</th>
<th>Right Trial 3</th>
<th>Left Trial 1</th>
<th>Left Trial 2</th>
<th>Left Trial 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anterior</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Posteromedial</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Posterolateral</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Right LE Limb Length: ______ cm (Distal ASIS to Distal Medial Malleolus)

Composite Score = \[
\frac{(\text{Anterior} + \text{Posteromedial} + \text{Posterolateral})}{3} \times 100
\]

Direction               Greatest. Right   Greatest Left
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Anterior</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Posteromedial</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Posterolateral</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Upper Quarter Y-Balance Test:

<table>
<thead>
<tr>
<th>Direction</th>
<th>Right Trial 1</th>
<th>Right Trial 2</th>
<th>Right Trial 3</th>
<th>Left Trial 1</th>
<th>Left Trial 2</th>
<th>Left Trial 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medial</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inferolateral</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Superolateral</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Right UE Limb Length: ______ cm (C7 to tip of Longest Finger)

Composite Score = \[
\frac{(\text{Anterior} + \text{Inferolateral} + \text{Superolateral})}{3} \times 100
\]

Direction               Greatest. Right   Greatest Left
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Medial</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inferolateral</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Superolateral</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Figure 1: YBT-UQ Start Position
Figure 2: YBT-UQ Medial Reach
Figure 3: YBT-UQ Inferolateral Reach
Figure 4: YBT-UQ Superolateral Reach