Star Excursion Balance Test (SEBT)

8 direction floor mat layout, testing protocol and recording log

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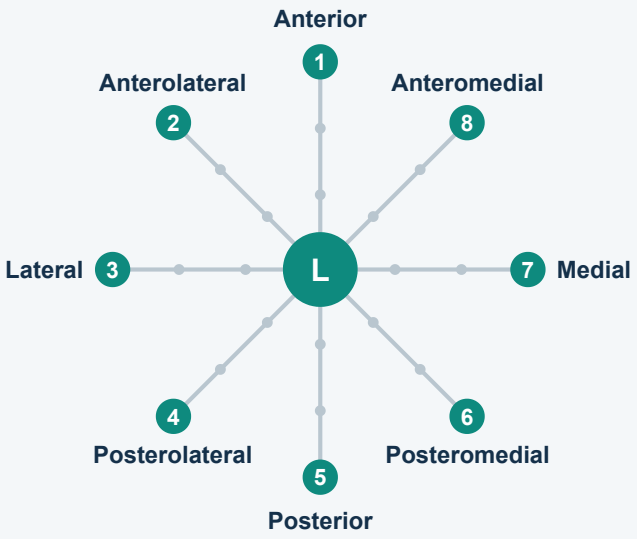
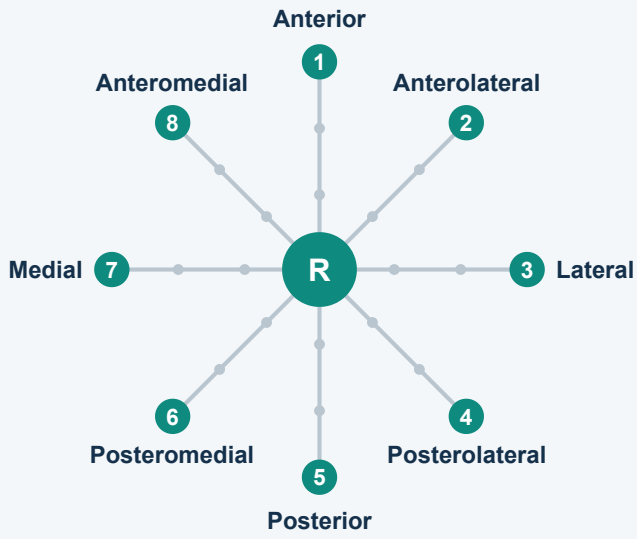
Sports Science Testing Equipment

1. Mat Layout

Left leg stance (standing on the left foot)



Right leg stance (standing on the right foot)



Directions are named from the stance leg. Medial is away from the stance leg. Lateral crosses **behind** the stance leg. Use the left layout when standing on the left foot and the right layout when standing on the right foot. The numbers 1 to 8 follow the direction names, so 2 is always anterolateral, whichever leg you stand on.

2. Testing Protocol

1. **Set up the mat**
   Tape or mark 8 lines radiating from a centre point at 45 degree intervals, each at least 120cm long.
2. **Stand on one leg**
   Hands on hips, stand on the centre point on the test leg with foot pointing forward (toward Anterior), free leg reaching.
3. **Reach along each line**
   Using the free leg, reach as far as possible along each line and lightly touch, without shifting weight onto it.
4. **Return to centre**
   Bring the reaching leg back to the centre and reset balance before the next direction.
5. **Record the distance**
   Measure the touch point from the centre for each of the 8 directions, then repeat on the other leg.

3. Recording Log

Direction	Left Leg (cm)	Right Leg (cm)
1 Anterior		
2 Anterolateral		
3 Lateral		
4 Posterolateral		
5 Posterior		
6 Posteromedial		
7 Medial		
8 Anteromedial		