SEBT Individual Score Sheet

Star Excursion Balance Test

ISAAN SPORT TECHNOLOGY

Name | Date

Sport and position | Tester

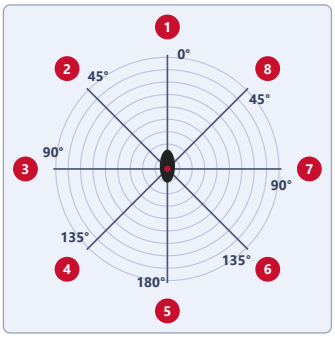
Leg length L / R (cm) | Footwear: barefoot / socks

Score: mean / best (circle one) | Directions: all 8 / ANT, PM, PL (circle one)

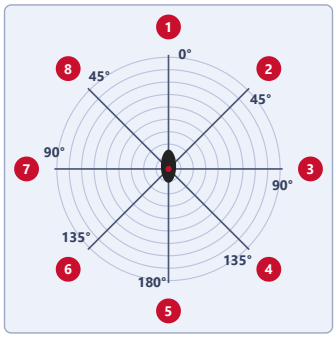
Direction	Standing on left					Standing on right					R minus L (cm)
	1	2	3	Score	%	1	2	3	Score	%	
1. Anterior (ANT)											
2. Anterolateral (AL)											
3. Lateral (L)											
4. Posterolateral (PL)											
5. Posterior (P)											
6. Posteromedial (PM)											
7. Medial (M)											
8. Anteromedial (AM)											
Composite (ANT, PM, PL)											

Score = mean or best of reaches 1 to 3, in centimetres. % = score ÷ leg length × 100. Composite (%) = (ANT + PM + PL) ÷ (3 × leg length) × 100. Grey boxes are not used.

R minus L = right score minus left score. In 235 high school basketball players, those whose right and left anterior reach differed by more than 4 cm were 2.5 times more likely to have a lower limb injury that season (Plisky et al. 2006). Use a large difference as a reason to retest and watch the athlete, not as a diagnosis.



Standing on the left foot



Standing on the right foot

Notes

Numbers follow the stance leg, so they swap sides when the athlete changes legs. 0° is straight ahead. Sources: Gribble et al. 2013; Robinson and Gribble 2008; Hertel et al. 2006; Plisky et al. 2006.