Y-Balance Test Group Sheet: Lower Body

Team or squad

Date

Tester

Footwear: barefoot / shoes

Hands: free / on hips

Name	Leg length (cm)		Anterior		Posteromedial		Posterolateral		Composite %		Anterior difference (cm)
	R	L	R	L	R	L	R	L	R	L	
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											

Enter the best of three successful reaches in centimetres. Right and left name the standing leg, or the hand on the platform. % = best ÷ limb length × 100. Composite = (sum of the three bests) ÷ (3 × limb length) × 100. Difference = right best minus left best.