Y-Balance Test Group Sheet: Upper Body

Team or squad

Date

Tester

Footwear: barefoot / shoes

Name	Arm length (cm)		Medial		Inferolateral		Superolateral		Composite %	
	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.