Y-Balance Test Individual Sheet

Name _____ Date _____

Sport or team _____ Tester _____

Footwear: barefoot / shoes _____ Hands: free / on hips _____

Lower body

Leg length (cm): Right: _____ Left: _____

	Standing on the right leg					Standing on the left leg					Difference (cm)
	1	2	3	Best	%	1	2	3	Best	%	
Anterior											
Posteromedial											
Posterolateral											
Composite %											

Upper body

Arm length (cm): Right: _____ Left: _____

	Right hand on the platform					Left hand on the platform					Difference (cm)
	1	2	3	Best	%	1	2	3	Best	%	
Medial											
Inferolateral											
Superolateral											
Composite %											

% = best ÷ limb length × 100. Composite = (sum of the three bests) ÷ (3 × limb length) × 100. Difference = right best minus left best.

Notes