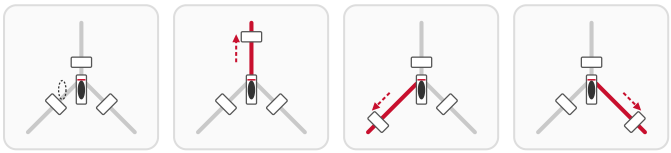
Y-Balance Test Quick Reference

Both tests on one page, for the testing station

Measure first

- **Leg length.** Athlete lying on their back. Cloth tape from the bony point at the front of the hip to the lowest point of the inside ankle bone, both legs.[1]
- **Arm length.** Arm out to the side at shoulder height, elbow straight. From the bony bump at the base of the neck (C7) to the tip of the longest finger.[2]
- **Every retest.** The same footwear and the same hand position; hands free gives larger reaches.[3] Allow practice reaches before recording.[1, 2]

Lower Body Test



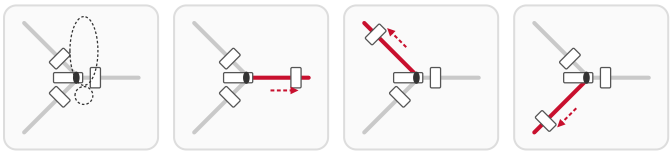
Starting position | Anterior | Posteromedial | Posterolateral

Shown standing on the right foot. On the left foot, the two back directions swap sides.

- Stand on one foot, big toe at the red line.[1] The reach foot starts beside the platform, off the floor.
- Order: anterior on the right leg, then the left; posteromedial right, then left; posterolateral right, then left.[1]
- Three recorded reaches each time. Record the best, read at the indicator edge nearest the platform.

A reach does not count if the athlete touches the floor with the reach foot, or steps off the platform; kicks the indicator along, or rests weight on it; cannot bring the reach foot back to the platform under control.[1] Repeat that reach.

Upper Body Test



Starting position | Medial | Inferolateral | Superolateral

Shown with the right hand on the platform. With the left hand, the body is positioned on the opposite side of the platform, and the two angled directions are reversed.

- Push-up position, one hand flat on the platform, feet no more than about 30 cm apart.[2] The reach hand starts beside the platform.
- Three reaches in each direction, then change hands. Record the best of the three.

A reach does not count if the athlete lifts a foot off the floor; touches the floor with the reach hand; loses balance; flicks the indicator along. Repeat that reach.

Cannot hold the push-up position? Test from the knees, write "kneeling" on the sheet, and compare only with that athlete's own kneeling tests.[2]

Scoring

- **Reach (% of limb length)** = best reach ÷ limb length × 100
- **Composite (% of limb length)** = (sum of the three best reaches) ÷ (3 × limb length) × 100[1, 2]
- **Difference** = right best minus left best, in centimetres, for each direction

Compare each athlete left with right, and with their own earlier tests. For published averages by sport, level and age, see isaansport.com/ybt-y-balance-test-norms.php

References

1. Plisky PJ et al. N Am J Sports Phys Ther. 2009;4(2):92-99.
2. Westrick RB et al. Int J Sports Phys Ther. 2012;7(2):139-147.
3. Hébert-Losier K. J Athl Train. 2017;52(10):910-917.