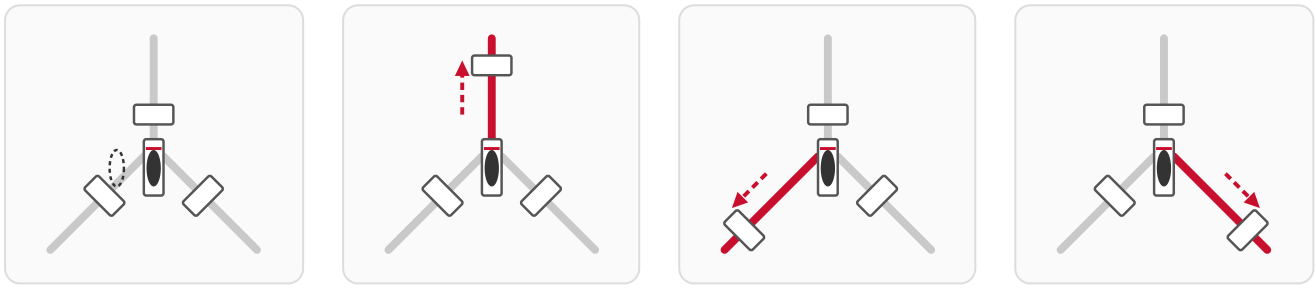
Y-Balance Test Quick Usage

Lower body and upper body tests with the YBT Y-Balance Test Kit

Before you start

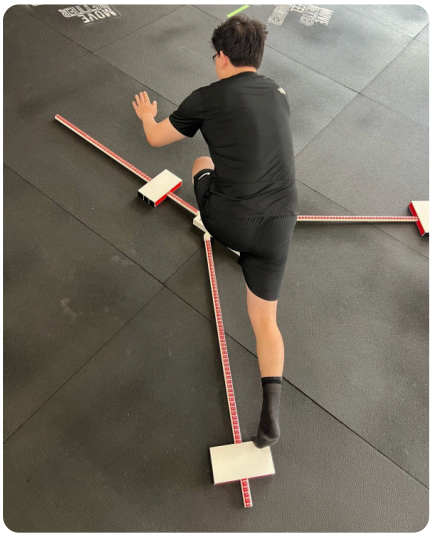
- **Leg length.** The athlete lies on their back, lifts the hips and lowers them, and you straighten both legs. Measure with a cloth tape from the bony point at the front of the hip to the lowest point of the inside ankle bone, on both legs.[1]
- **Arm length** (upper body test). With the arm held out to the side at shoulder height and the elbow straight, measure from the bony bump at the base of the neck (C7) to the tip of the longest finger.[2]
- **Practice.** Show each reach, then allow practice reaches before recording: six per direction were used for the lower body test[1] and three for the upper body test.[2]
- **Same method every time.** Test barefoot or in the same footwear, and note whether the hands are free or on the hips in the lower body test. Hands free gives larger reaches.[3]

Lower Body Test



Starting position **Anterior** **Posteromedial** **Posterolateral**

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



A reach does not count if the athlete

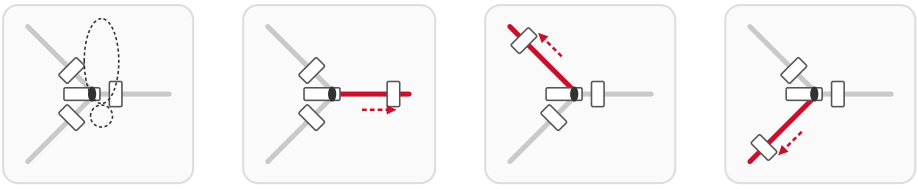
- touches the floor with the reach foot, or steps off the platform
- kicks the indicator along, or rests weight on it
- cannot bring the reach foot back to the platform under control.[1]

Repeat that reach.

1. **Starting position**
   Stand on one foot on the stance platform, with the tip of the big toe at the red line.[1] The reach foot starts beside the platform, off the floor.
2. **Anterior**
   Push the front reach indicator along the straight pole as far as you can with the reach foot, then bring the foot back to the platform under control.
3. **Posteromedial**
   Reach backwards along the angled pole on the same side as the reach foot.
4. **Posterolateral**
   Reach backwards and across, behind the standing leg, along the other angled pole.
5. **Order and recording**
   Work in this order: anterior standing on the right leg, then standing on the left leg; posteromedial on the right leg, then the left; posterolateral on the right leg, then the left.[1] Do three recorded reaches each time. Read the scale at the edge of the indicator nearest the platform, and record the best of the three.

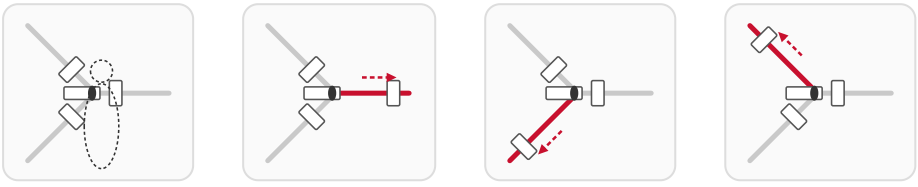
Upper Body Test

Right hand on the platform



Starting position | Medial | Inferolateral | Superolateral

Left hand on the platform



Starting position | Medial | Inferolateral | Superolateral

The dotted outline is the body. The directions are named from the hand on the platform.[2]



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.

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.

1 Starting position
Take a push-up position with one hand flat on the stance platform and the feet no more than about 30 cm apart.[2] The reach hand starts beside the platform.

2 Medial
Push the indicator along the straight pole, across in front of the body, as far as you can, then bring the hand back.

3 Inferolateral
Reach back towards the feet along the angled pole on the side of the hand on the platform.

4 Superolateral
Reach forward along the other angled pole, past the head.

5 Order and recording
Do three reaches in each direction, then change hands. Record the best of the three, read at the edge of the indicator nearest the platform.

Cannot hold the push-up position? Test from the knees instead and write "kneeling" on the sheet. Compare kneeling results only with that athlete's own kneeling tests, not with published averages, which come from the push-up position.[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