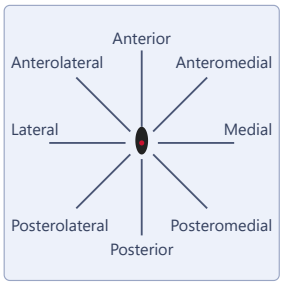
Star Excursion Balance Test Quick Reference

Lower and upper body reach on the SEBT mat, on one page for the testing station

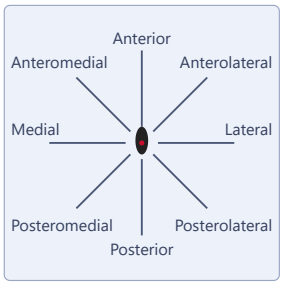
Measure first

- **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.[6]
- **Every retest.** Barefoot or in socks, hands on hips, the same mat set up the same way round.[1] Results on the mat, on floor tape and on a Y Balance Test kit are not interchangeable.

Lower Body Test



Standing on the left foot



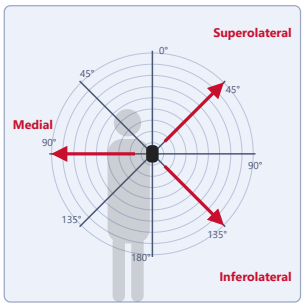
Standing on the right foot

Directions are named from the stance leg. Medial is on the side of the reaching leg.

- **Directions.** All 8 for the original test, or anterior, posteromedial and posterolateral for the three direction version (*modified SEBT*).[1, 3]
- **Start.** Stand on the test leg on the red centre point, foot pointing to 0°, hands on hips. Three direction version: toes at the centre for anterior, heel at the centre for posteromedial and posterolateral.[1]
- **Reach.** As far as possible along the line, touch it lightly with the furthest part of the foot, without putting weight on it. Back to both feet, balanced, before the next reach.[1]
- **Record.** 4 practice reaches in each direction, 5 minutes' rest, then 3 recorded reaches to the nearest centimetre.[1, 2] Then the other leg, in the same order every session.

Repeat the reach if the athlete puts weight on the reaching foot or rests it on the mat; touches more than once or slides the foot along the line; misses the line; lifts or moves any part of the stance foot, including the heel; takes the hands off the hips; loses balance or cannot return to the start.[1]

Upper Body Test



Support hand: right. Mirror it for the left.

- **Push-up position.** Support hand flat, thumb just behind the centre point. Body straight like a plank, parallel to the 0° to 180° line, head towards 0°, feet no more than about 30 cm apart.[6]
- **Directions.** Medial: the 90° line on the body side. Superolateral: the 45° line on the outer side, towards the head. Inferolateral: the 135° line on the outer side, towards the feet.[6]
- **Record.** 3 reaches in each direction, then change hands. Repeat a reach if the support hand or the feet move, or the reaching hand takes weight on the mat.

Scoring

- **Score** = mean or best of the 3 recorded reaches. Choose one and use it every time.[1]
- **Reach (% of leg length)** = reach ÷ leg length × 100. Upper body: use arm length.[1, 6]
- **Composite (%)** = (ANT + PM + PL) ÷ (3 × leg length) × 100.[4] Upper body: (medial + inferolateral + superolateral) ÷ (3 × arm length) × 100.[6]
- **Right and left.** In 235 high school basketball players, an anterior reach difference of more than 4 cm went with 2.5 times the risk of a lower limb injury that season.[5]

Compare each athlete left with right, and with their own earlier tests on the same set-up.[7]

References

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6. Westrick RB et al. Int J Sports Phys Ther. 2012;7(2):139-147.
7. Gribble PA et al. J Athl Train. 2012;47(3):339-357.