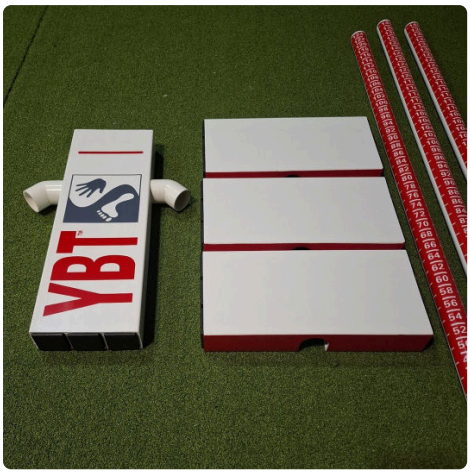
Quick Set-up Guide

YBT Y-Balance Test Kit

ISAAN SPORT TECHNOLOGY



In the box

- 1 stance platform
- 3 measuring poles with a printed centimetre scale
- 3 sliding reach indicators

Suggested Tools

- A tape measure
- A grip pad, such as a rubber jar opener

Scale and floor space

- Two angled poles: scale up to 141 cm
- Straight pole: scale up to 125 cm
- Floor space: 230 x 200 cm

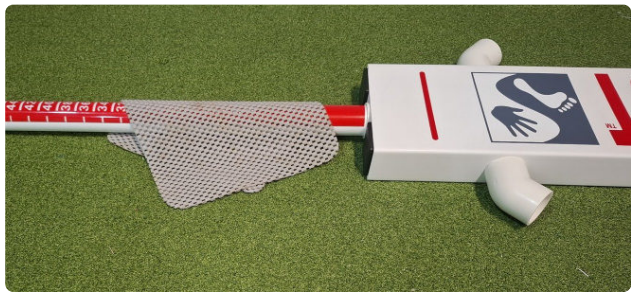
Set-up

1. **Choose the space**
   Use a firm, flat floor that the blocks can glide on. The set-up kit needs a clear floor space of 230 x 200 cm.

2. **Fit the poles**
   Push the 124 cm pole into the front of the stance platform, and the 141 cm poles into the angled connectors.



3. **Fine-tune with a grip pad**
   Hold the pole with a grip pad (suggested) while you twist it into position. The grip lets you make small turns, so you can set the numbers facing straight up and set exactly how far the pole goes in.



4 **Check the distance with a tape measure**

You may confirm the accuracy of the set-up with a tape measure, by checking the 20 cm mark on the pole to the red line on the platform. It should read 20 cm. If it does not, push the pole in or ease it out a little and measure again. Check all three poles.

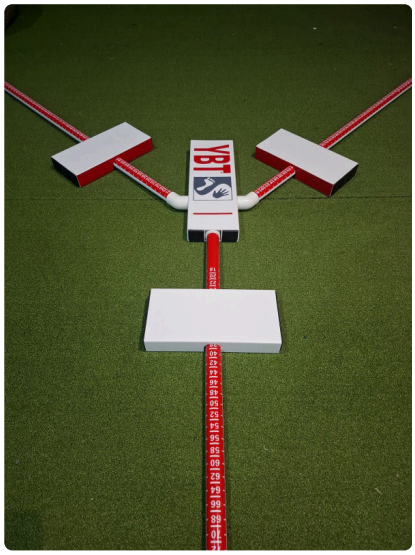


5 **Fit the reach indicators**

Place one reach indicator onto each pole and push it back towards the platform before each reach.

6 **Set-up Complete**

Your kit should now look like the photo, with all three poles in place and a reach indicator on each, ready for testing.



Additional Notes

- Keep the area around the poles clear of people and equipment.
- Test in bare feet or in the same footwear each time, so results compare from session to session.
- Do not stand or step on the poles or the reach indicators.

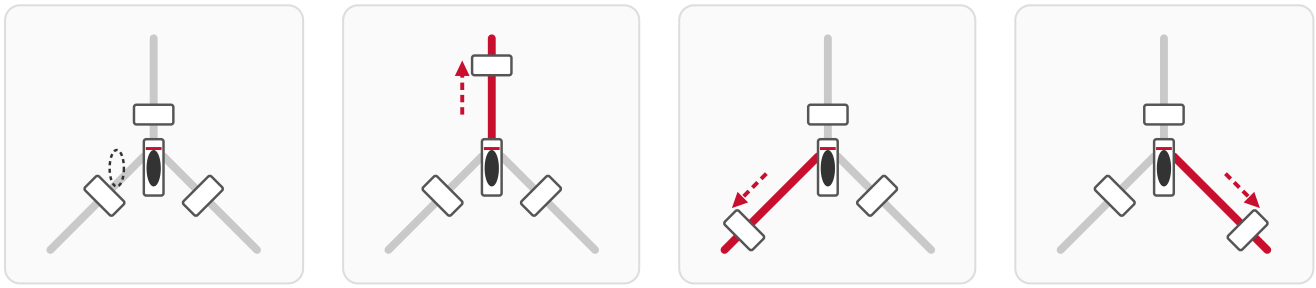
Y-Balance Test Quick Usage

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

Before you start

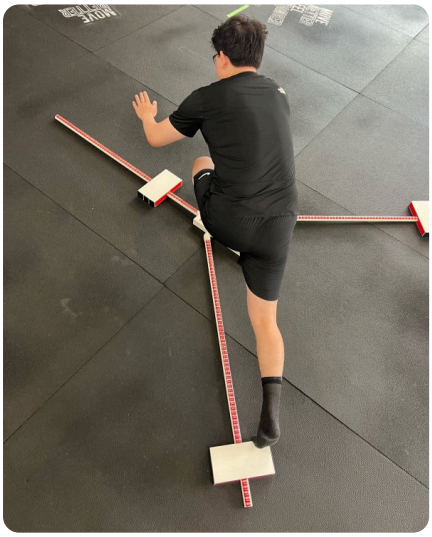
- **Leg length.** The athlete lies on their back, lifts the hips and lowers them, and you straighten both legs. Measure with a cloth tape from the bony point at the front of the hip to the lowest point of the inside ankle bone, on both legs.[1]
- **Arm length** (upper body test). With the arm held out 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

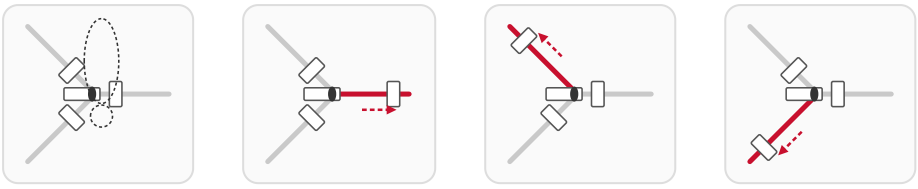
- touches the floor with the reach foot, or steps off the platform
- kicks the indicator along, or rests weight on it
- cannot bring the reach foot back to the platform under control.[1]

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.

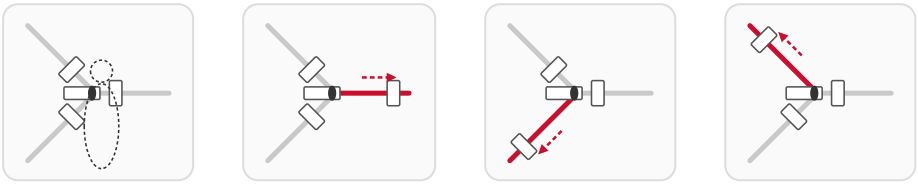
Upper Body Test

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.

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

Recording Sheets:

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

References

1. Plisky PJ, Gorman PP, Butler RJ, Kiesel KB, Underwood FB, Elkins B. The reliability of an instrumented device for measuring components of the star excursion balance test. N Am J Sports Phys Ther. 2009;4(2):92-99.
2. Westrick RB, Miller JM, Carow SD, Gerber JP. Exploration of the Y-balance test for assessment of upper quarter closed kinetic chain performance. Int J Sports Phys Ther. 2012;7(2):139-147.
3. Hébert-Losier K. Clinical implications of hand position and lower limb length measurement method on Y-Balance Test scores and interpretations. J Athl Train. 2017;52(10):910-917.

Y-Balance Test Group Sheet: Lower Body

Team or squad

Date

Tester

Footwear: barefoot / shoes

Hands: free / on hips

Name	Leg length (cm)		Anterior		Posteromedial		Posterolateral		Composite %		Anterior difference (cm)
	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. Difference = right best minus left best.

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.