

Functional Reach

Used to measure forward limit of stability.

Starting position

Feet placed shoulder width apart, stand adjacent to a wall (no body contact) with hand fisted. The arm closest to the wall is raised 90 degrees.

Instruction

Lean forward as far as possible without stepping or losing your balance.

Measure

Distance reached in cm. The 3rd MCP joint is used as the marker.

Record

The average distance reached after three trials. Specify the arm used in the reach test.

Limitations

Does not differentiate between fallers and non fallers. Able to predict recurrent fallers. Less sensitive to higher level balance impairment.

Normative Scores

Age	Male mean (cm)	Female mean (cm)
20-24	42	37
41-69	38	35
70-87	33	27

(From Duncan et al J Gerontol 47:M93-8, 1990 & Isles et al J Am Ger Soc 52:1367-72, 2004)



Age	Functional Reach Score (cm) (females)
20-29	42.71
30-39	41.01
40-49	40.37
50-59	38.08
60-69	36.85
70-79	34.13