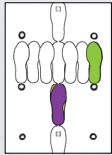
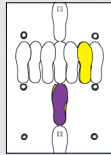


Balance Assessment Using The SAS MAT

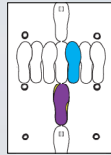
The SAS MAT allows for consistent and reliable balance testing and recording, providing the therapist and client with an accurate measure of their current balance level, which allows them to monitor their progress as they work through the levels. This builds confidence.



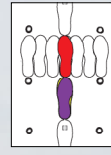
Level 1



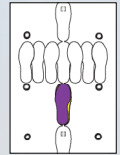
Level 2



Level 3



Level 4



Level 5

Assessment for most clients can begin at Level 3. This is the 'Near Tandem Stand' (NTS) measure as used in the Stepping On Falls Prevention Program.

VERBAL INSTRUCTIONS TO CLIENT

1. 'Step one foot on the purple star foot'
2. 'Step the other foot on the blue foot' (Level 3)
3. 'Without moving your feet at all, try to let go of your support, cross your arms across your chest*, and stay still for 10 seconds. I will time you'
Start timing once the arms are across the chest, stop if arms break position or feet move.
4. If 10 seconds is achieved, progress to level 4 (putting the front foot on the red foot) then, if also achieved, progress to Level 5 (standing on one foot only on purple) OR repeat the test with eyes closed.**
5. If the client is unable to manage level 3, broaden the stance to attempt Level 2 with the front foot on yellow, or, if still too difficult, Level 1 on green.

*Holding the arms across the chest will improve consistency and inter-rater reliability of measures.

**Measuring with eyes shut is an excellent way to avoid the ceiling effect when testing in the upper levels but be wary of asking the client to stand with eyes shut, especially at levels 1 or 2 as this can be frightening and create a high falls risk.

Safety: The therapist must remain close enough to catch the client if needed.

Record: Record the result to the tenth of a second.
Eg. L3: 8.6 seconds
Purple foot: Left

Stepping On Program: NSW Health requires that the NTS Eyes open measure is recorded. (Level 3) If achieved, time to 10 seconds with eyes closed.

Home Practice Level: Once a balance measure has been recorded, the client can be instructed to practice at home at the level where they feel wobbly but not too scared. Instructions included with mat.