



NAME

Example

DATE

2026-03-09

BIRTH YEAR

2025

16.6 SECONDS

Chair Stand Time

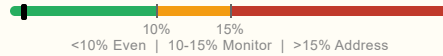
5 reps, goal: under 15 s

15 S THRESHOLD
Buatois et al., 2008

0.9% R DOMINANT

Chair Stand Force Symmetry

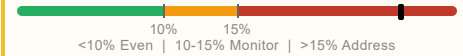
Your right leg pushed 0.9% more force than your left leg



26% R LESS STABLE

Single-Leg Stability Symmetry

Your right leg moved 26% more when standing on it

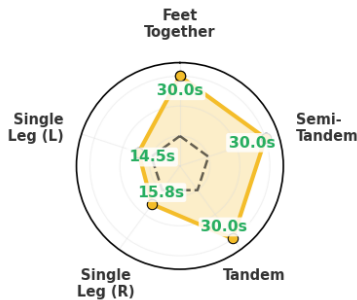


WHAT THIS MEANS

- Chair Stand Performance: Your time of 16.6 seconds is above the 15-second guideline, suggesting an opportunity to improve lower-body strength.
- Leg Strength Balance: Your right leg pushed 0.9% more force than your left leg, which shows very balanced contribution between legs.
- Balance Ability: You met the 10-second goal on all balance tests, indicating good basic balance ability.
- Single-Leg Stability: Your right side showed 26% more movement when standing on it compared to your left side.

BALANCE TEST (GOAL: 10 SECONDS EACH)

Times shown reflect the longest stretch of stable balance held during each position.



Feet Together

30.0s Pass

Semi-Tandem

30.0s Pass

Tandem

30.0s Pass

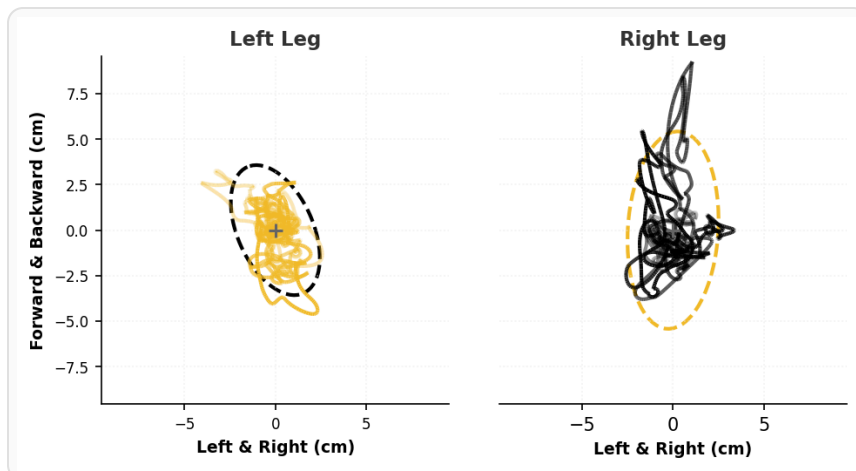
Single-Leg (R)

15.8s Pass

Single-Leg (L)

14.5s Pass

SINGLE-LEG BALANCE: MOVEMENT MAP



This graph shows how your body weight moved while standing on one leg. A tighter pattern indicates steadier balance, while wider movement means more adjustments were needed to stay stable.

— Black line = right leg movement — Gold line = left leg movement

Movement Summary

Left Leg

Sway Velocity: 6.56 cm/s
Sway Area: 24.87 cm²

Right Leg

Sway Velocity: 7.30 cm/s
Sway Area: 42.50 cm²

What This Means

Sway velocity measures how quickly your body weight shifted while balancing, and sway area measures the total space your body weight covered to stay stable. Your left leg showed steadier balance with less movement (6.56 cm/s velocity, 24.87 cm² area) compared to your right leg (7.30 cm/s velocity, 42.50 cm² area). Comparing both legs helps identify if one side is steadier than the other, which is important for overall balance assessment.



UNDERSTANDING YOUR RESULTS

Five Times Sit-to-Stand (Chair Stand Test)

You were asked to stand up and sit down five times as quickly and as safely as possible. This measures lower-body strength and power. A time under 15 seconds is considered a good result for most adults (65+ years).

Chair Stand Force Symmetry

While you stood up from the chair, we measured how much force each leg produced. This tells us whether both legs are contributing evenly. Small differences (under 10%) are normal. Larger differences may indicate one side is doing more work than the other.

Single-Leg Stability Symmetry

When you stood on one leg, we measured how much your body weight shifted on each side. This compares stability between your right and left legs. A difference under 10% is considered even. Larger differences suggest one leg may benefit from targeted balance practice.

Four-Stage Balance Test

You held four progressively more challenging standing positions: feet together, semi-tandem (heel beside big toe), tandem (heel to toe), and single-leg. Each position was held for up to 30 seconds. We look for the longest stretch of stable balance within that time, aiming for at least a 10-second hold. These positions test your ability to maintain balance as the base of support gets narrower.

Movement Map (Stabilogram)

The charts on Page 1 show how your body weight moved while you stood on one leg. A tighter, more compact trace indicates better stability. A wider, more spread-out trace indicates more movement was needed to maintain balance. Both legs are shown side by side with the same scale for easy comparison.

EXERCISES TO TRY AT HOME

Only perform these exercises if you feel safe doing so. If you are unsure, consult your primary care physician, physical therapist, or other qualified healthcare professional first.

1 Tandem Stance

Stand heel-to-toe next to a counter or sturdy surface. Hold for 10-30 seconds, then switch feet. Use the counter for support as needed.

2 Single-Leg Hold

Stand on one leg near a counter for support. Hold for 10-30 seconds, then switch legs. Keep the counter within arm's reach at all times.

3 Chair Stands

Using a sturdy chair, stand up and sit down slowly. Use your arms for support if needed. Work up to 10 reps at a comfortable pace.

Always practice near a counter, wall, or sturdy surface for safety.

