Sock Test for Sitting Balance
Standardized Script, Test Administration Procedures, and Norms

<u>Test Administration Procedure</u>

Client should be in unsupported sitting on the edge of their bed, feet on the floor, barefoot.
Give the instructions below.
Hold the hospital-issue slipper socks within participant's reach.
Simultaneously started the stopwatch, and give the 'go' command.
Observe for whether anticipatory movement strategies are used for balance, and whether the other areas of the Systems Framework are impaired.
Record the amount of time required to don and then doff both slipper socks, in seconds, on a data collection sheet.
Compare the client's time to the norms below or use to improve his/her own performance.

<u>Test Administration Script</u>

"In this test, I will be assessing your balance while you are putting on and taking off a pair of socks. I will be timing you, but this is not a race. Put the socks on and take them off at a pace that would be considered normal for you. I will start the stopwatch as soon as you take the socks from me and stop it when you have removed both socks."

"Place the second sock where ever you wish while you are putting on the first one."

"When I say 'go', please put on both socks and then immediately take them both off. Remember to go at your normal pace."

<u>Normative Data</u>

Normative data from apparently healthy, community dwelling individuals that are independent in their ADLs.

Timed Assessment & STSB Normative Data

Study	n	Age Range	Mean Age (years)	Mean STSB Time (seconds)
This study (Franc,2018)	21	40-93	63.90	23.61
Nicholson, 2012	30	22-29	24.5	18.67
Nicholson, 2012	30	60-70	35.1	20.77