

Toe Tap Test

Participant is sitting in a chair. Instructions: “Tap your toe as quickly as you can for 10 seconds.” Record the number of taps in 10 seconds. *Be sure to demonstrate a sufficient amount of ankle dorsiflexion ROM.*

Left _____ Right _____

Reference values:

Healthy men and women of similar physical activity level:

- Young (av. 32yr) : **47 taps** per 10 seconds (n=24)
- Older adults (av. 72 yr): **34 taps** per 10 seconds (n=24)

Kent-Braun JA, Ng AV. (1999). Specific strength and voluntary muscle activation in young and elderly women and men. *Journal of Applied Physiology*. 87:1 22-29