

Upper Quarter Y-Balance Test

Name, Vorname _____

Geburtstag: _____

Armlänge (C7 – Mittelfingerspitze): _____ cm



Datum: _____										
-- v. Stützarm ---										
	medial			superolateral			inferolateral			
RECHTS (Stützseite)										Summe:
Mittelwert →										
LINKS (Stützseite)										Summe:
Mittelwert →										
RECHTS: Summe: _____ / (3x Armlänge)										=
LINKS: Summe: _____ / (3x Armlänge)										=
Ergebnis: LINKS: % Ergebnis: RECHTS: %										

medial + superolateral + inferolateral
Mittelwert

_____ x 100 = _____ %
Armlänge x 3

Normwert: 89,5% (Männer) 84,9% (Frauen)

Grenzwert= 85% (Männer) 80,4% (Frauen) - 4,5%

Abweichung Einzelwerte > 5% Abweichung

Therapeut: _____

Norm-Werte

Recreational Fitness Subjects (Gorman, 2012) Average Upper Quarter Y Balance Test scores, reported as a percentage of limb length (%LL) for all reach directions and the composite.

- Medial Direction: Mean= 97.2%, SD 9.6 cm (males)
- Medial Direction: Mean= 95.2%, SD 10.6 cm (females)
- Superolateral Direction: Mean= 70.9%, SD 9.6 cm (males)
- Superolateral Direction: Mean= 70.4%, SD 9.3 cm (females).
- Inferolateral Direction: Mean= 84.2%, SD 9.1 cm (males)
- Inferolateral Direction: Mean= 82.7%, SD 10.1 cm (females).

Gorman 2012

Teyhen, 2014 - No Age effect. Total Composite Score of all 3 reach directions reported as percentage of Limb Length (%LL):

- 89.5 +/-9.6 (males)
- 84.9 +/-9.1 (females)

General Population (Westrick, 2012; n=33, mean ages= 19.5 men and 18.8 women)

- Dominant Composite: Mean= 86.5%, SD 8.1 cm (males)
- Dominant Composite: Mean= 82.9%, SD 9.2 cm (females)
- Non-dominant: Mean= 88.1%, SD 7.4 cm (males)
- Non-dominant: Mean= 85.2%, SD 11.7 cm (females)