### FAB 1  Standing with Feet Together and Eyes Closed

<table>
<thead>
<tr>
<th>Task</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stopwatch</td>
<td>Bring your feet together, fold your arms across the chest, close your eyes when you are ready, and remain as steady as possible until I instruct you to open your eyes.</td>
</tr>
</tbody>
</table>

- **0** Unable to obtain the correct standing position independently
- **1** Able to obtain the correct standing position independently but unable to maintain the position or keep the eyes closed for 10 seconds
- **2** Able to maintain the correct standing position with eyes closed for $> 10$ seconds but $< 30$ seconds
- **3** Able to maintain the correct standing position with eyes closed for $30$ seconds but requires close supervision
- **4** Maintains the correct standing position safely with eyes closed for $30$ seconds.

### FAB 2  Reaching Forward to Retrieve an Object with Outstretched Arm

<table>
<thead>
<tr>
<th>Task</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pen / Ruler</td>
<td>Try to lean forward to take the pencil from my hand and return to your starting position without moving your feet. After allowing 2-3 seconds of lean time: &quot;You can move your feet in order to reach the pencil.&quot;</td>
</tr>
</tbody>
</table>

- **0** Unable to reach the pencil without taking $>2$ steps
- **1** Able to reach the pencil but needs to take $2$ steps
- **2** Able to reach the pencil but needs to take $1$ step
- **3** Can reach the pencil without moving the feet but requires supervision
- **4** Can reach the pencil safely and independently without moving the feet

### FAB 3  Turn 360 Degrees in a Right and Left Direction

<table>
<thead>
<tr>
<th>Task</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>In place, turn around in a full circle, pause, and then turn a second full circle in the opposite direction. Do not begin the full circle in the opposite direction until you are facing me.</td>
</tr>
</tbody>
</table>

- **0** Needs manual assistance while turning
- **1** Needs close supervision or verbal cueing while turning
- **2** Able to turn $360^\circ$ degrees but takes $> 4$ steps in both directions
- **3** Able to turn $360^\circ$ degrees but unable to complete with $\leq 4$ steps in one direction
- **4** Able to turn $360^\circ$ degrees safely and takes $\leq 4$ steps in both directions
### Step Up and Over a 6" Bench

**6" Bench**

Step up onto the bench with your right leg; swing your left leg directly up and over the bench and step off the other side. Repeat the movement in the opposite direction with your left leg as the leading leg.

1. Unable to step onto the bench without loss of balance or manual assistance.
2. Able to step up onto the bench with leading leg but trailing leg contacts bench or leg swings around bench during swing-phase in both directions (Contact with both legs).
3. Able to step up onto the bench with leading leg but trailing leg contacts bench or leg swings around bench during swing-phase in one direction (Contact with one leg).
4. Able to correctly complete the step up and over in both directions but requires close supervision in one or both directions.
5. Able to correctly complete the step up and over in both directions safely and independently.

### Tandem Walk

**Tape**

Walk forward along the line, placing one foot directly in front of the other, heel touching toes on each step forward. I will tell you when to stop.

1. Unable to complete 10 steps independently.
2. Able to complete the 10 steps with > 5 interruptions.
3. Able to complete the 10 steps with ≤ 5 interruptions.
4. Able to complete the 10 steps independently and with 0 interruptions.

### Standing on One Leg

**Stopwatch**

Fold your arms across the chest, lift one leg off the floor (without touching your other leg), and stand with eyes open until I ask you to put your foot down.

1. Unable to try or needs assistance to prevent falling.
2. Able to lift leg independently but unable to maintain position for > 5 seconds.
3. Able to lift leg independently and maintain position for > 5 but < 12 seconds.
4. Able to lift leg independently and maintain position for > 12 but < 20 seconds.
5. Able to lift leg independently and maintain position for the full 20 seconds.
### Standing on Foam with Eyes Closed (Do Not Assist)

Step up onto the foam and stand with feet **shoulder width** apart. Fold your **arms across your chest**, and close your eyes when you are ready. I will tell you when to open your eyes.

- (0) Unable to step onto foam and/or maintain standing position independently with eyes open
- (1) Able to step onto foam independently and maintain standing position but unable or unwilling to close eyes
- (2) Able to step onto foam independently and maintain standing position with eyes closed for \(< 10\) seconds
- (3) Able to step onto foam independently and maintain standing position with eyes closed for \(> 10\) seconds but \(< 20\) seconds
- (4) Able to step onto foam independently and maintain standing position with eyes closed for \(20\) seconds

### Two-footed Jump for Distance

Do not introduce this test item if participant cannot perform test item #4 safely, has a diagnosis of osteoporosis, or complains of lower body joint pain. Score a zero on the test form and move immediately to test item #9.

Jump as far but (emphasize) as safely as you can. Try and make sure that both feet leave the floor at the same time and land at the same time.

- (0) Unwilling or unable to attempt or attempts to initiate two-footed jump but one or both feet do not leave the floor
- (1) Able to initiate two-footed jump but one foot leaves the floor or lands before the other
- (2) Able to perform two-footed jump but unable to jump further than the length of their own feet \(< 1\)
- (3) Able to perform two-footed jump and achieve a distance greater than the length of their own feet \(> 1\)
- (4) Able to perform two-footed jump and achieve a distance greater than twice the length of their own feet \(> 2\)
### FAB 9 Walk with Head Turns

<table>
<thead>
<tr>
<th>Metronome</th>
<th>Begin turning your head to the beat of the metronome while standing place. Start walking forward while continuing to turn your head from side-to-side with each beat of the metronome. I will tell you when to stop.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><em>(Do not allow more than 6 head turns while standing in place.)</em></td>
</tr>
<tr>
<td></td>
<td><em>(0) <strong>Unable</strong> to walk 10 steps independently while performing 30° head turns at an established pace</em></td>
</tr>
<tr>
<td></td>
<td>*(1) Able to walk 10 steps independently but unable to complete 30° head turns at an established pace <em>(turns are not on beat)</em></td>
</tr>
<tr>
<td></td>
<td><em>(2) Able to walk 10 steps but <strong>veers</strong> from a straight line while performing 30° head turns at an established pace</em></td>
</tr>
<tr>
<td></td>
<td><em>(3) Able to walk 10 steps in a straight line while performing head turns at an established pace but head turns (&lt; 30°) in one or both directions</em></td>
</tr>
<tr>
<td></td>
<td><em>(4) Able to walk 10 steps in a straight line while performing required number of 30° head turns at established pace</em></td>
</tr>
</tbody>
</table>

### FAB 10 Reactive Postural Control

<table>
<thead>
<tr>
<th>No equipment</th>
<th>Slowly lean back into my hand until I ask you to stop.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><em>(0) Unable to maintain upright balance, no observable attempt to step- requires manual assistance to restore balance</em></td>
</tr>
<tr>
<td></td>
<td><em>(1) Unable to maintain upright balance, takes (&gt; 2) steps and requires manual assistance to restore balance</em></td>
</tr>
<tr>
<td></td>
<td><em>(2) Unable to maintain upright balance, but is able to restore balance independently with (&gt; 2) steps</em></td>
</tr>
<tr>
<td></td>
<td><em>(3) Unable to maintain upright balance, but is able to restore balance independently with only (2) steps</em></td>
</tr>
<tr>
<td></td>
<td><em>(4) Unable to maintain upright balance, but is able to restore balance independently with only (1) step</em></td>
</tr>
</tbody>
</table>