

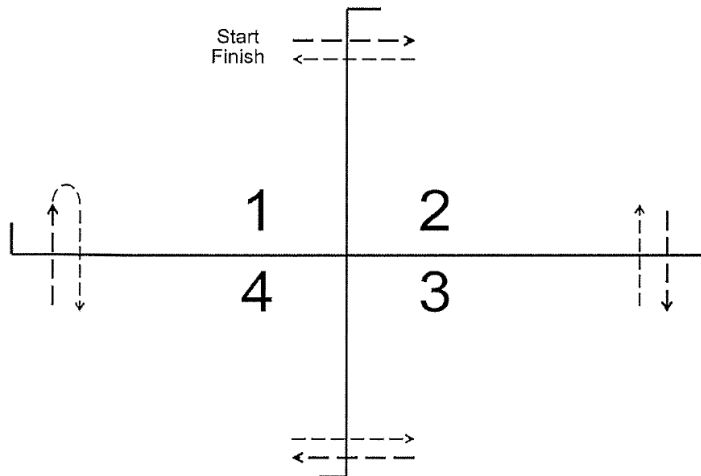
Four Square Step Test Instructions

Information derived from: Dite W. and Temple VA. A clinical test of stepping and change of direction to identify multiple falling older adults. *Arch Phys Med Rehabil.* 2002; 83 (11): 1566-1571.

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Equipment: a stopwatch and 4 canes

Set-up: Position 4 canes flat on the floor according to the diagram below.



Starting Position: Patient stands in square #1, facing square #2.

Sequence: Square # 2, 3, 4, 1, 4, 3, 2, 1 (patient must step forward, backward, left and right)

Patient Instructions: “Try to complete the sequence as fast as possible without touching the sticks. Both feet must make contact with the floor in each square. If possible, face forward during the entire sequence.”

- Demonstrate the sequence to the patient.
- Ask the patient to complete one practice trial to ensure patient understanding.

Test Information:

- Record time.
 - START = first foot contacts the floor in square # 2
 - STOP = second foot contacts the floor in square # 1
- Patient completes two successful trials.
- An unsuccessful trial is not scored and must be repeated. Unsuccessful trial = patient does not complete the sequence correctly, loses balance or contacts a cane.
- If patient is unable to face forward during entire sequence, score successful trial with variation noted.

Scoring: Use the fastest time recorded during the two successful trials.