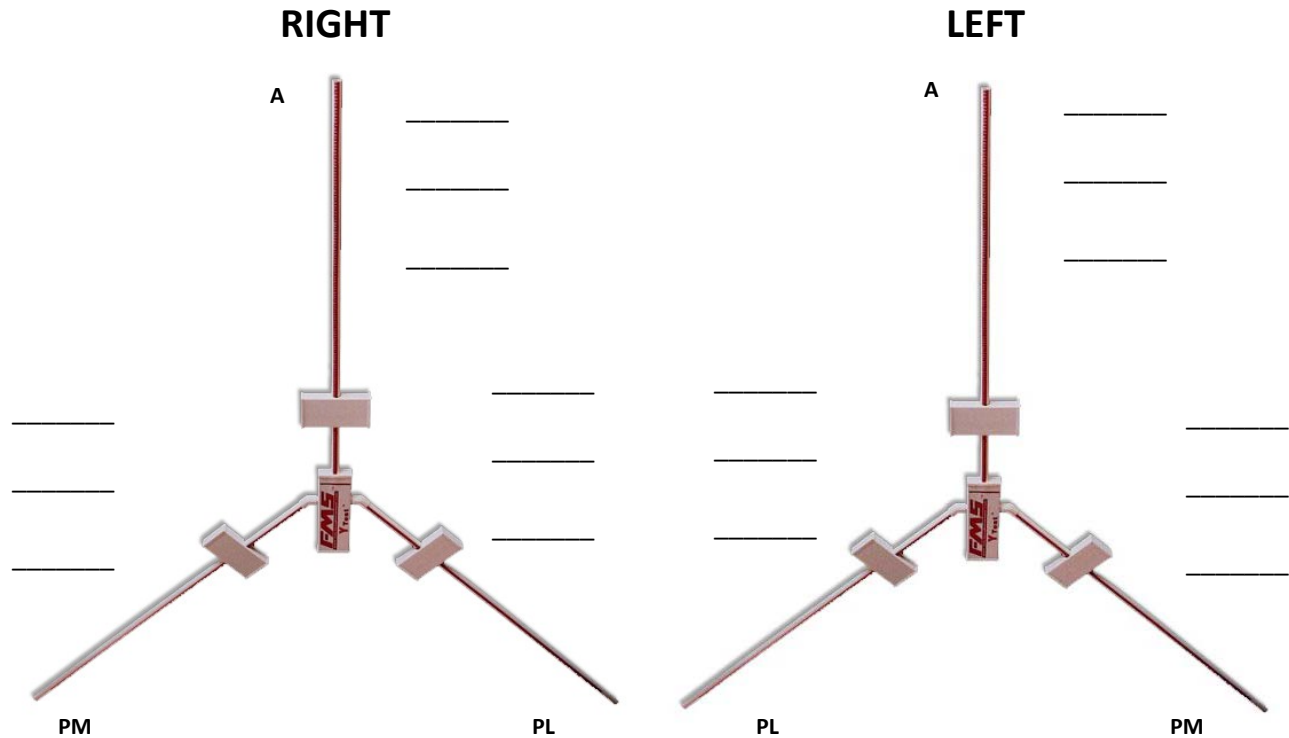


# Y-Balance Test – Score Sheet



Right limb length in centimeters: \_\_\_\_\_

(Measure from right ASIS to right medial malleolus in supine after performing bilateral bridge)



## Greatest Successful Reach

	Right	Left	Difference
Anterior (A)			
Posteromedial (PM)			
Posterolateral (PL)			

## Composite Score

Right	
Left	

$$\frac{(\text{Anterior} + \text{Posteromedial} + \text{Posterolateral})}{3 \times \text{Right Limb Length}} \times 100$$