

Functional Reach Test (FRT)

The FRT is an indicator of limits of stability. It is meant to determine the distance that a person can move his/her center of gravity in the anterior direction before needing to take a compensatory step.

Instructions:

1. Provide the following instructions to the participant:

“Reach forward as far as you can at the level of the yardstick by shifting your weight forward on your feet. Hold your endpoint until I tell you to stop. Do not step forward and keep your heels on the floor. You may not touch the yardstick. Keep the other arm at your side.”

Have the participant repeat the instructions to you to ensure understanding.

2. Have participant stand next to a wall free of obstructions with the feet hip width apart. The dominant arm should be closest to the wall.
3. Tape a yardstick to the wall at the level of the mid-shoulder capsule. Have high values of yardstick closest to the subject.
4. Have participant extend his/her arm to the front at $\sim 90^\circ$ of shoulder flexion (at shoulder height). Have participant make a fist with the lifted arm. The participant MAY NOT touch the yardstick or wall. Instruct pt. to simply lift the arm, but not to reach forward. Watch for any scapular protraction and correct the participant.
5. Measurement based on total distance traversed by longest knuckle of reach hand (subtract starting from ending position). Measure to the nearest $\frac{1}{4}$ ". Use straight edge to determine start and end point.
6. Practice for 2 trials, provide feedback. Record 3 official trials and calculate mean.

Trial 1: Starting Point: _____" Ending Point: _____" Total: _____"

Trial 2: Starting Point: _____" Ending Point: _____" Total: _____"

Trial 3: Starting Point: _____" Ending Point: _____" Total: _____"

Mean Value: _____"