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NIH Toolbox Standing Balance Test (SBT)

Availability:	Please visit this website for more information about this instrument: NIH Toolbox website
Classification:	Supplemental: Acute Hospitalized, Concussion/Mild TBI, Epidemiology, Moderate/Severe TBI: Rehabilitation Traumatic Brain Injury (TBI)
Short Description of Instrument:	The NIH Toolbox Standing Balance Test (SBT) is a measure developed to assess static standing balance for ages 3–85 years. It involves the participant assuming and maintaining up to five poses for 50 seconds each. The sequence of poses is: eyes open on a solid surface, eyes closed on solid surface, eyes open on foam surface, eyes closed on foam surface, and eyes open in tandem stance on solid surface. Detailed stopping rules are in place to ensure participant safety with these progressively demanding poses. Postural sway is recorded for each pose using an accelerometer that the participant wears at waist level. This test takes approximately seven minutes to administer and is recommended for ages 3–85.
Scoring:	Please visit this website for more information about scoring and interpretation of the SBT: NIH Toolbox Scoring and Interpretation Guide

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References:	<p>Furman, G. R., Lin, C. C., Bellanca, J. L., Marchetti, G. F., Collins, M. W., & Whitney, S. L. (2013). Comparison of the balance accelerometer measure and balance error scoring system in adolescent concussions in sports. <i>Am J Sports Med</i>, 41(6), 1404–1410.</p> <p>Heebner, N. R., Akins, J. S., Lephart, S. M., & Sell, T. C. (2014). Reliability and validity of an accelerometry based measure of static and dynamic postural stability in healthy and active individuals. <i>Gait Posture</i>. <i>In Press</i>.</p> <p>Moe-Nilssen, R. (1998). Test-retest reliability of trunk accelerometry during standing and walking. <i>Arch Phys Med Rehabil</i>, 79(11), 1377–1385.</p> <p>Moe-Nilssen, R., & Helbostad, J. L. (2002). Trunk accelerometry as a measure of balance control during quiet standing. <i>Gait Posture</i>, 16(1), 60–68.</p> <p>Reuben, D. B., Magasi, S., McCreath, H. E., Bohannon, R. W., Wang, Y. C., Bubela, D. J., . . . Gershon, R. C. (2013). Motor assessment using the NIH Toolbox. <i>Neurology</i>, 80(11 Suppl 3), S65–S75.</p> <p>Rine, R. M., Roberts, D., Corbin, B. A., McKean-Cowdin, R., Varma, R., Beaumont, J., . . . Schubert, M. C. (2012). New portable tool to screen vestibular and visual function--National Institutes of Health Toolbox initiative. <i>J Rehabil Res Dev</i>, 49(2), 209–220.</p> <p>Rine, R. M., Schubert, M. C., Whitney, S. L., Roberts, D., Redfern, M. S., Musolino, M. C., . . . Slotkin, J. (2013). Vestibular function assessment using the NIH Toolbox. <i>Neurology</i>, 80(11 Suppl 3), S25–s31.</p> <p>Shumway-Cook, A., & Horak, F. B. (1986). Assessing the influence of sensory interaction of balance. Suggestion from the field. <i>Phys Ther</i>, 66(10), 1548–1550.</p>
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