

## STAR EXCURSION BALANCE TEST

The SEBT is a dynamic postural control test used to screen potential asymmetries in the lower extremities, in a single-leg stance. This test requires several qualities, such as good single-leg balance, ankle and hip mobility, strength and stability. To perform the test, cut up four pieces of tape, 3 meters long. Make a '+' sign on the floor using two of the tapes and use the two remaining strips to form an 'x' sign. The player should maintain a single-leg stance in the middle while reaching as far as possible in all 8 directions with the free leg. The hands are placed on the waist. For every direction, the point of the farthest reach should be recorded to the nearest centimeter. The test is performed for both the dominant and the non-dominant leg. The sum of the results for all 8 directions (i.e. the composite score) is compared between extremities and expressed as the % of difference.



TEST / SCORE	SEBT
1	< 4%
2	4-8%
3	> 8%