

## Functional Reach Test – protocol

### The test explained:

The Functional Reach Test is performed with the participant in standing. It is the measure of the difference, in centimetres, between arm's length with arms at 90° flexion and maximal forward reach, using a fixed base of support. The test uses a centimetres measuring device against a wall at shoulder height. It is reported that a reach of 15 cm may predict a fall.

**Setting:** Physiotherapy cubicle

### Equipment required:

Wall	1 meter ruler with centimetre measurements	Velcro or tape to fix ruler to wall at shoulder height
Chair	Non permanent marker	Line marked on floor

### Method:

1. Mark a line on the floor.
2. Explain to the participant *“I am interested in how far you can reach forward whilst you are standing. It is important that your feet stay in the same place and that you do not fall. I will ask you to stand sideways next the wall and place a ruler horizontally on the wall at your shoulder height. Then you will raise your straight arms out in front of you and make a fist. This is the starting position. I will mark this point on the ruler. Then I will ask you to reach forward without moving your feet whilst keeping your hands in a fist shape. I will then mark this new position and ask you to return to the starting position”*

*“If at any point you need to rest please say and you can sit down”.*

*“You will have one practice session. We will do this a further two times. You can sit and have a rest between each measure”.*

3. Demonstrate to participant.

4. The patient is instructed to stand next to, but not touching the wall and to position the arm that is closer to the wall at 90° of shoulder flexion with a closed fist.
5. Place the ruler horizontally on the wall and secure appropriately.



6. Record the starting position at the 3rd metacarpal head on the ruler.
7. Ask the patient to “Reach forward as far as you can without taking a step and keeping your hands in a fist shape.”





Physiotherapy Rehabilitation of Osteoporotic Vertebral Fracture

8. The location of the 3rd metacarpal is marked and recorded. Stand next to the patient to ensure support if a loss of balance occurs.
9. Repeat test again.