

Lampiran 4 : lembar score card

Balance error scoring system

(Guskiewicz)

| Balance error scoring system –Types of errors |
|---|
| <ol style="list-style-type: none">1. Hands lifted off iliac crest2. Opening eyes3. Step, stumble, or fall4. Moving hip into > 30 degrees abduction5. Lifting forefoot or heel6. Remaining out test position >5 sec |
| The BESS is calculated by adding one error point For each during the 6-20 second tests |

Which foot was tested : left right (i.e. which is the non-dominant foot)

PRE

| Score card: (#errorsZ) | Firm surface | Foam surface |
|------------------------|--------------|--------------|
| Double leg stance | | |
| Single | | |
| Tandem | | |
| Total score | | |
| BESS TOTAL: | | |

POST

| Score card: (#errorsZ) | Firm surface | Foam surface |
|------------------------|--------------|--------------|
| Double leg stance | | |
| Single | | |
| Tandem | | |
| Total score | | |
| BESS TOTAL: | | |

