



Y BALANCE TEST



Looking for a way to reduce injuries and perform in competition with full confidence? Ever wonder if there is something more you could do to make sure each athlete is safe and competing like they should be. What if injury prevention could also lead to increased performance? The Y-Balance Test could be your answer.

WHY UTILIZE THE Y BALANCE TEST?

The Y Balance Test is a thoroughly researched, yet easy way to test a person's risk for injury as well as demonstrate functional symmetry. This test is a dynamic test performed in a single-leg stance that requires strength, flexibility, core control and body awareness. It is used to assess physical performance, demonstrate functional symmetry, and identify athletes at greater risk for lower extremity injury. The Y Balance Test Protocol™ was developed through years of research in lower extremity injury prevention.



This device and protocol is highly accurate and can be used for measuring pre- and post rehabilitation performance, improvement after performance enhancement programs, dynamic balance for athletic programs, and return to sport readiness. The Y Balance Test was developed through years of research in injury prevention and identification of motor control changes that occur after injury.

HIGHLIGHTS OF THE Y BALANCE TEST:

- Takes 3 minutes to complete
- Assess core, hip, knee, and ankle effectively and quickly
- Research based normative values
- Transportable to bring to any practice setting

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