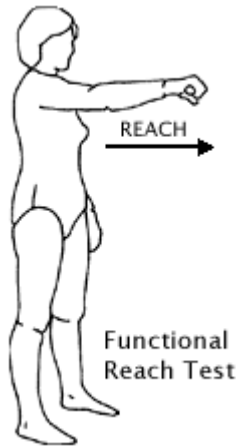


Functional Reach Test

The Functional Reach Test was first developed by Pamela Duncan and colleagues in 1990. It is a quick and simple, single-task dynamic test that defines functional reach as "the maximal distance one can reach forward beyond arm's length, while maintaining a fixed base of support in the standing position" (Duncan et al., 1990).



It is a dynamic rather than a static test and measures a person's "margin of stability" as well as ability to maintain balance during a functional task. The test has been shown by Duncan to be predictive of falls in older adults (Duncan et al., 1990).

Functional reach is tested by placing a yardstick or tape measure on the wall, parallel to the floor, at the height of the acromion of the subject's dominant arm. The subject is asked to stand with the feet a comfortable distance apart, make a fist, and forward flex the dominant arm to approximately 90 degrees. The subject is asked to reach forward as far as possible without taking a step or touching the wall. The distance between the start and end point is then measured using the head of the metacarpal of the third finger as the reference point (Duncan et al., 1990).

FUNCTIONAL REACH NORMS		
Age	Men	Women
Source: Duncan et al., 1990.		
20-40	16.73 inches	14.64 inches
41-69	14.98 inches	13.81 inches
70-87	13.16 inches	10.47 inches

