

## FOUR SQUARE STEP TEST (FSST)

### DIRECTIONS:

#### Starting Position:

- Patient starts in Square #1 facing the distal end of the MAT, the stopwatch is started when the first foot contacts the floor in Square #2, and is stopped when the last foot touches the floor in Square 8(1)
- Patient steps from Square 1 **forward** into Square 2
- **Sideways** into Square 3
- **Backwards** into Square 4
- **Sideways** into Square 5 (1)
- **Sideways** into Square 6 (4)
- **Forward** into Square 7 (3)
- **Sideways** into Square 8 (2)
- **Backwards** to Square 1

**Evaluator:** Records the time to complete the Four Square Step Test and notes if any of the dowel rods (canes) were kicked during the test by the patient.

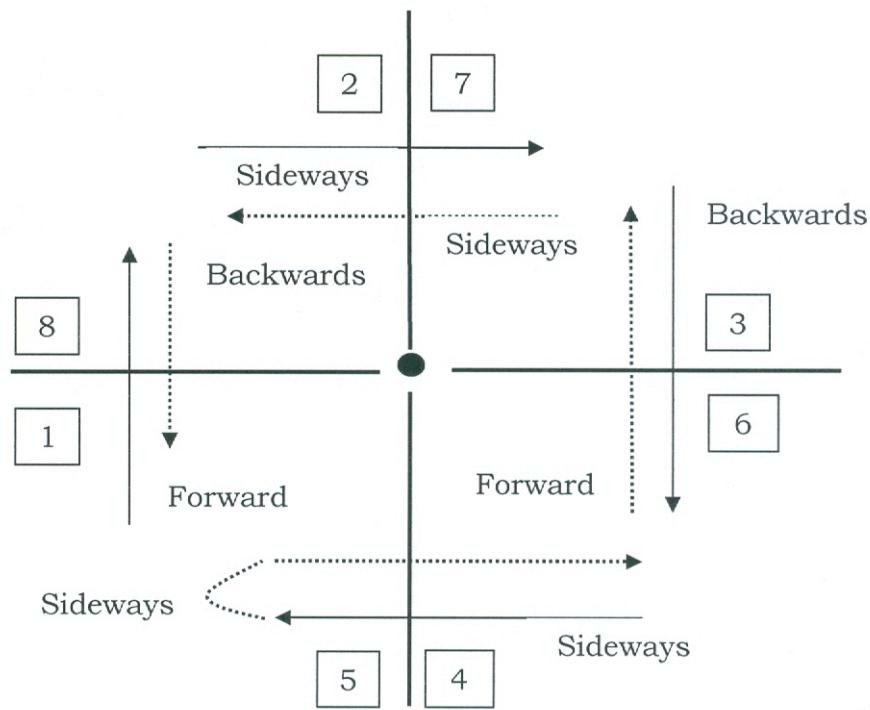
**Normal Time:** Dite and Temple (2002) Greater than 15 seconds patient is at risk for falls  
Whitney et al (2007) Greater than 12 seconds patient is at risk for falls

**References:** Dite W, Temple VA. A clinical test of stepping and change of direction to identify multiple falling older adults. *Arch Phys Med Rehabil* 2002; 83:1566-71.

Whitney SL, Marchetti GF, Morris LO, Sparto PJ. The reliability and validity of the Four Square Step Test for people with balance deficits secondary to a vestibular disorder. *Arch Phys Med Rehabil* 2007;88: 99-104.

Staples, William H., The Four Square Step Test. *GeriNotes*, 2011; 18 (3): 15-16.





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