FALL PROOF PROGRAM: CENTER FOR SUCCESSFUL AGING, CAL STATE FULLERTON

Modified Clinical Test of Sensory Interaction in Balance (CTSIB-M)

***<u>Administer only one trial per condition if participant able to complete first trial without loss of balance</u>.**

Condition One:	***Eyes Open, Firm Surface***			
	Trial One	Total Time:	_____ /	30 sec
	Trial Two	Total Time:	_____ /	30 sec
	Trial Three	Total Time:	_____ /	30 sec
Condition Two:	***Eyes Closed, Firm Surface***			
	Trial One	Total Time:	_____ /	30 sec
	Trial Two	Total Time:	_____ /	30 sec
	Trial Three	Total Time:	_____ /	30 sec
Condition Three:	***Eyes Open, Foam Surface***			
	Trial One	Total Time:	_____ /	30 sec
	Trial Two	Total Time:	_____ /	30 sec
	Trial Three	Total Time:	_____ /	30 sec
Condition Four:	***Eyes Closed, Foam Surface***			
	Trial One	Total Time:	_____ /	30 sec
	Trial Two	Total Time:	_____ /	30 sec
	Trial Three	Total Time:	_____ /	30 sec
		TOTAL:	**_____ /**	**120 sec**

<u>Purpose of Test:</u>

This test is designed to assess how well an older adult is using sensory inputs when one or more sensory systems are compromised. In condition one, all sensory systems (i.e., vision, somatosensory, and vestibular) are available for maintaining balance. In condition two, vision has been removed and the older adult must rely on the somatosensory and vestibular systems to balance. In condition three, the somatosensory system has been compromised and the older adults must use vision and the vestibular system to balance. In condition four, vision has been removed and the somatosensory system has been compromised. The older adults must not rely primarily on the vestibular inputs to balance.

Begin timing each trial using a stopwatch. The trial is over when (a) the participant opens his/her eyes in an eyes closed condition, (b) raises arms from sides, (c) loses balance and requires manual assistance to prevent a fall.

This test provides some insight into whether each of the sensory system available for balance are being used effectively. Failure to maintain balance in condition two indicates that the older adults is visually dependent. They are not using somatosensory inputs to maintain balance when eyes are closed. Failure to maintain balance in conditions 3 and 4 indicate that the visual and/or vestibular system is not being used to maintain balance. Poor performance on this test would suggest the need for multisensory training if the medial history does not indicate that

an actual problem(s) exists (e.g., peripheral neuropathy will affect our ability to use somatosensory inputs, etc.). Check medical history to determine whether the participants has a history of inner ear infections or an inner ear disorder (e.g., meniere's disease, acoustic neuroma, etc.)