

Modified Clinical Test of Sensory Interaction on Balance – Modified (CTSIB- Interpretation of Test Results

| Condition | Possible Impairments | Recommended Exercises |
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| 1. Eyes Open, Firm Surface (3/3 systems available) | 1. Poor gaze stabilization 2. Poor use of surface cues 3. Lower body weakness | Teach visual “spotting.” Balance activities with reduced/occupied/absent vision. LB exercises against resistance (i.e., gravity/theraband/weights). |
| 2. Eyes Closed, Firm Surface (2/3 systems available) No vision available | 1. Poor use of surface cues?* | Increase awareness of surface information through verbal cuing during standing exercises. Balance activities with reduced/occupied/absent vision. |
| | 2. Lower body weakness | LB exercises against resistance (i.e., gravity/theraband/weights) |
| | 3. Fear-of-falling | Confidence-building activities. |
| * Review medical history to determine if any medical condition indicating progressive or permanent loss of sensation from feet, ankles is evident. | | |
| 3. Eyes Open, Foam Surface (2/3 systems available) Somatosensory information reduced | 1. Poor use of vision? 2. Lower body weakness 3. Poor COG control | Gaze stabilization techniques. Balance activities performed on compliant, or moving surfaces. Seated – standing - moving. (Do not add visual task) LB exercises against resistance (i.e., gravity/theraband/weights) Standing COG activities on compliant surfaces of different thickness. |
| 4. Eyes Closed, Foam Surface (1/3 systems available) Somatosensory reduced & vision unavailable | 1. Poor use of vestibular inputs?* | Balance activities performed on compliant/moving surfaces. Vision reduced/occupied/absent. |
| | 2. Fear-of-falling in high sway condition | Voluntary sway activities to build confidence. |
| | 3. Lower body weakness | LB exercises against resistance. (i.e., gravity/theraband/weights) |
| * Review medical history to determine if any chronic or progressive medical condition affecting vestibular system (i.e., meniere’s disease) exists before performing first set of exercises. | | |