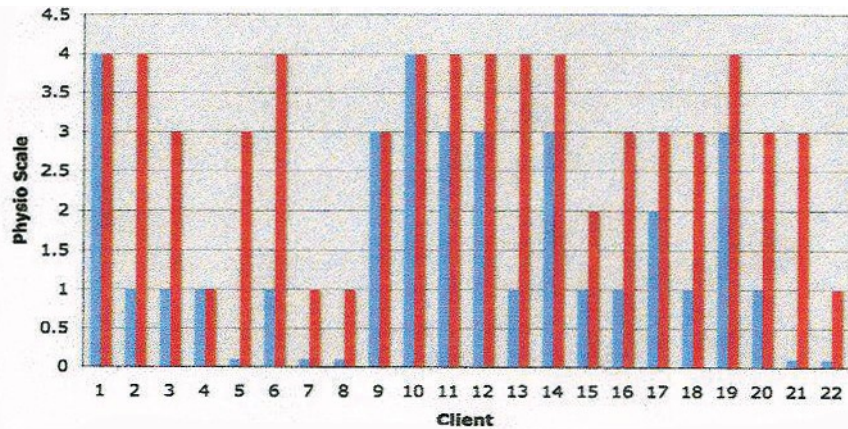


PHYSIOTHERAPY BALANCE SCALE: Dots Data September 2005 ■ Before ■ After

The following studies were conducted at the Mareeba Garden Settlement Aged Care Facility in North Queensland. The facility employs a staff member trained as an Emmett Therapist for the purpose of treating residents and staff with sore and stiff shoulders, necks, backs and legs. These muscle release techniques have significantly improved balance for many of the residents, as shown below. It should also be noted that the feedback from residents is that this treatment also gives them relief from pain and hence requires less analgesia. Treatment for the staff also reduces pain enabling them to return to work without having to take time off.

13. STANDING UNSUPPORTED ONE FOOT IN FRONT

Instructions: (Demonstrate to subject) Place one foot directly in front of the other. If you feel that you cannot place your foot directly in front, try to step far enough ahead that the heel of your forward foot is ahead of the toes of the other foot. (To score 3 points, the length of the step should exceed the length of the other foot and the width of the stance should approximate the subject's normal stride width).



4: Able to lift leg independently and hold > 10 seconds

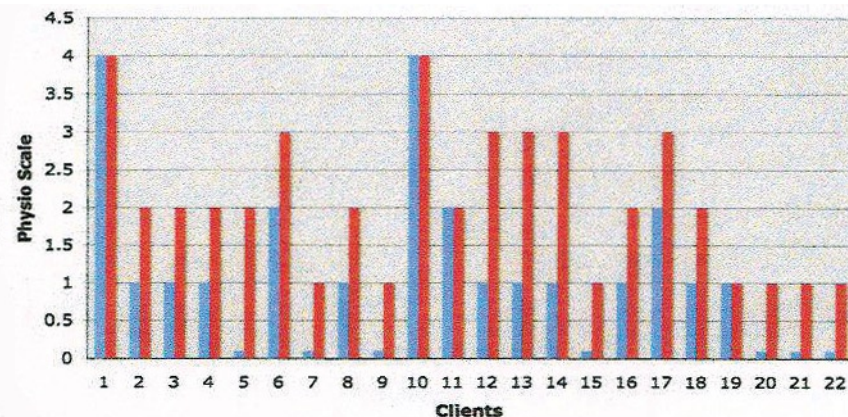
3: Able to lift leg independently and hold 5-10 seconds

2: Able to lift leg independently and hold + or > 3 seconds

1: Tries to lift leg unable to hold 3 seconds but remains standing independently

0: Unable to try or needs assistance to prevent fall

14. STANDING ON ONE LEG: Instructions: Stand on one leg as long as you can without holding.



4: Able to place foot tandem independently and hold 30 seconds

3: Able to place foot ahead of other independently and hold 30 seconds

2: Able to take small steps independently and hold 30 seconds

1: Needs help to stand but can hold 15 seconds

0: Loses balance while stepping or standing