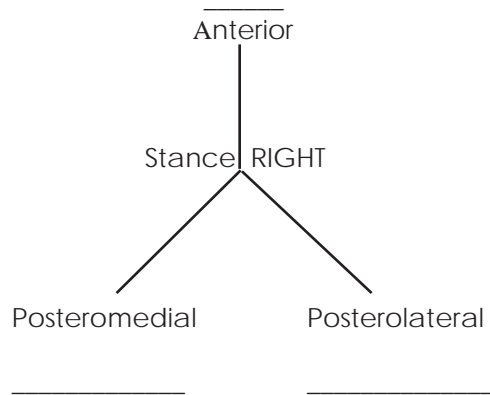
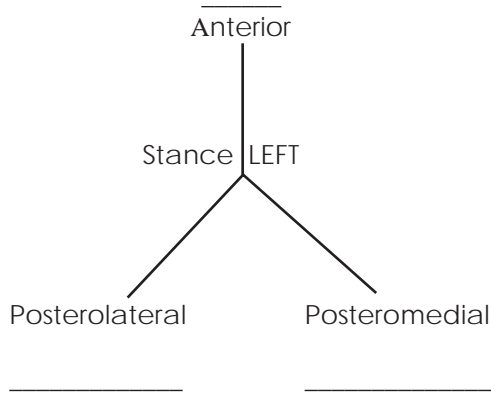


# Score Sheet for Y Balance Test™ & Limb Length

Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

RIGHT Limb Length: \_\_\_\_\_



	Left	Right	Difference
Anterior			
Posteromedial			
Posterolateral			

\*\*\* Difference should be less than 4 cm. for return to sport and preparticipation screening \*\*\*

$$\text{Composite Score} = \frac{(\text{Anterior} + \text{Posteromedial} + \text{Posterolateral})}{(3 \times \text{Limb Length})} \times 100$$

Composite	
Right	
Left	