

Single Leg Stance (SLS)**Performance Measure**

(Also known as unipedal/single limb/ one leg stance/balance)

Considerations	
Which type of TJA is it appropriate for?	THA and TKA
What part of the TJA continuum is it appropriate for?	Pre-op Post-acute ¹ Active Living
What domain(s) does it measure within the ICF?	Body function
Who completes it?	Patient and clinician
What does it measure?	Static balance while standing on a single leg with eyes open and closed ²
What equipment is required?	Stop watch
How long does it take?	~5 minutes to complete and score
How do I do it?	Instructions available at: www.rehabmeasures.org/Lists/RehabMeasures/PrintView.aspx?ID=1150
How good is it?	Validity: Not established for TJA. While content validity is cited as being not applicable, the test is a component of several tools including the Berg Balance Scale ² Reliability: Inter-rater – excellent for both test conditions in healthy population ³ Responsiveness: Not established for TJA. Floor/ceiling effects: Not reported
How is it scored?	The best result (number of secs) from each of the 2 test conditions (eyes open and eyes closed) ²
What do the results mean?	Higher value (secs) = better function MDC - In lower functioning community-dwelling older females (SLS <20 secs) MDC ₉₅ suggested as 8.3-11.6 secs. ⁴ Not established for OA or TJA MCID – not established for OA or TJA Adults unable to balance on 1 limb for 5 secs had 2.1 times the risk of having an injurious fall than those who could balance for >5 secs. ⁵ Indicative of falls risk during ADLs requiring single leg stance, such as stepping into a tub or getting dressed. ³ Normative values for healthy adults ages 18-80+ available ²⁻³
Where can I get it?	www.pitt.edu/~whitney/sls.htm

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References

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