

at completing the sequence, loses balance, or contacts a cane during the trial.

- Two FSST are completed with the best time taken as the score.
- A score is still provided if the patient is unable to face forward during the entire sequence.

Scoring:

- the best time of two FSST is the score
- stopwatch starts when the first foot contacts the floor in square 2
- stopwatch finishes when the last foot comes back to touch the floor in square 1

Four Step Square Test (FSST)

Name: _____

Assistive Device and/or Bracing Used: _____

Date: _____

Trial 1 _____ sec. Trial 1 _____ sec.

FSST Score (best timed trial): _____ sec.

Date: _____

Trial 1 _____ sec. Trial 1 _____ sec.

FSST Score (best timed trial): _____ sec.

Date: _____

Trial 1 _____ sec. Trial 1 _____ sec.

FSST Score (best timed trial): _____ sec.

Date: _____

Trial 1 _____ sec. Trial 1 _____ sec.

FSST Score (best timed trial): _____ sec.

