

BEN WILLIAMS BODY WORK

MiniBESTest Table 1

| MiniBESTest Items by Category | | | |
|--|-------------------------------|-------------------------------|------------------|
| | Pre-Rolf Series 9/28/2020 | Post-Rolf Series 12/10/2020 | |
| ANTICIPATORY | Subscore: 3/6 | Subscore: 4/6 | 1 point increase |
| 1. Sit to Stand | 2=Normal | 2=Normal | |
| 2. Rise to Toes | 0=Severe | 1=Moderate | |
| 3. Stand on 1 Leg | 1=Moderate | 1=Moderate | |
| REACTIVE POSTURAL CONTROL | Subscore: 0/6 | Subscore: 4/6 | 4 point increase |
| 4. Compensatory Stepping Correction - Forward | 0=Severe | 2=Normal | |
| 5. Compensatory Stepping Correction - Backward | 1=Moderate | 1=Moderate | |
| 6. Compensatory Stepping Correction - Lateral | 1=Moderate | 1=Moderate | |
| SENSORY ORIENTATION | Subscore: 4/6 | Subscore: 6/6 | 2 point increase |
| 7. Stance (feet together); Eyes Open, Firm Surface | 2=Normal | 2=Normal | |
| 8. Stance (feet together); Eyes Closed, Foam Surface | 0=Severe | 2=Normal | |
| 9. Incline - Eyes Closed | 2=Normal | 2=Normal | |
| DYNAMIC GAIT | Subscore: 6/10 | Subscore: 8/10 | 2 point increase |
| 10. Change in Gait Speed | 2=Normal | 2=Normal | |
| 11. Walk with Head Turns - Horizontal | 1=Moderate | 1=Moderate | |
| 12. Walk with Pivot Turns | 1=Moderate | 2=Normal | |
| 13. Step Over Obstacles | 1=Moderate | 2=Normal | |
| 14. Timed up & Go with Dual Task | 1=Moderate | 1=Moderate | |
| | TUG 13s. ; Dual Task TUG 16s. | TUG 11s. ; Dual Task TUG 15s. | |
| TOTAL SCORE | 13 of 28 | 22 of 28 | |