

## No Tumbles for Tyrrell

*Criterion for Categorizing Participants Based on Performance on Balance Screening Tests*

Otago Exercise Level	Fall Risk Category	Five Times Sit to Stand Test (FTSS)	Timed "Up and Go" Test (TUG)	Four-Test Balance Scale
I	High	>15 seconds	>14 seconds	Unable to Hold Tandem Stance 10 seconds
II	Moderate	12-15 seconds	12-14 seconds	Holds Tandem Stance for 10 seconds, but Holds One-Leg Stance <10 seconds
III	Low	<12 seconds	<12 seconds	Holds One-Leg Stance >10 seconds