FallProofTM Program:Center for Successful Aging, Cal State Fullerton

Multi-Directional Reach Test (MDRT)

I. FORWARD REACH

Instructions:

- P
- (). • R

.

- R
 - (R
- N
- P
- Р

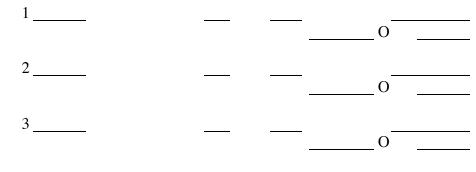
Distance Reached

Movement Strategy

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.

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Mean:

II. BACKWARD REACH

Instructions:

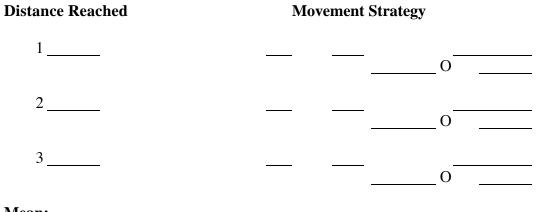
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IV. LATERAL REACH TO THE LEFT

Instructions:

• R

). . (R



Mean: