

**FallProof™ Program: Center for Successful Aging, Cal State Fullerton**

**Multi-Directional Reach Test (MDRT)**

**I. FORWARD REACH**

**Instructions:**

- P
- R
- R (R)
- N
- P
- P

**Distance Reached**

**Movement Strategy**

|         |       |       |       |       |
|---------|-------|-------|-------|-------|
| 1 _____ | _____ | _____ | _____ | _____ |
|         |       |       | O     |       |
| 2 _____ | _____ | _____ | _____ | _____ |
|         |       |       | O     |       |
| 3 _____ | _____ | _____ | _____ | _____ |
|         |       |       | O     |       |

**Mean: \_\_\_\_\_**

## **II. BACKWARD REACH**

### **Instructions:**

-

#### IV. LATERAL REACH TO THE LEFT

**Instructions:**

- R

.(R )).

**Distance Reached**

**Movement Strategy**

1 \_\_\_\_\_  
\_\_\_\_\_ O \_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_ O \_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_ O \_\_\_\_\_

**Mean:** \_\_\_\_\_