# Article information:

Balance Evaluation Systems Test | RehabMeasures Database  
<https://www.sralab.org/rehabilitation-measures/balance-evaluation-systems-test>

# Article summary:

1. The Balance Evaluation Systems Test (BESTest) is a 36-item clinical balance assessment tool that assesses balance impairments across six contexts of postural control.

2. The six contexts include biomechanical constraints, stability limits/verticality, anticipatory postural adjustments, postural responses, sensory orientation, and stability in gait.

3. The BESTest has sub-scores for each system and can be shortened into mini-BESTest and brief BESTest versions. It is recommended for use in multiple sclerosis, Parkinson's disease and neurologic rehabilitation, stroke recovery, and non-vestibular balance assessment.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article provides a comprehensive overview of the Balance Evaluation Systems Test (BESTest), which is a clinical balance assessment tool used to evaluate balance impairments across six contexts of postural control. The article includes information on the purpose, acronym, area of assessment, assessment type, diagnosis/conditions, required training, and recommended use of the BESTest.

However, the article lacks critical analysis and does not provide any insights into potential biases or sources of bias in the development or use of the BESTest. It also does not explore any counterarguments or limitations to using this assessment tool.

Additionally, while the article mentions that there are mini-BESTest and brief BESTest versions available, it does not provide any information on how these versions differ from the full BESTest or when they may be more appropriate to use.

Furthermore, while the article notes that a training DVD is available for purchase and provides a link to administration instructions, it does not mention any potential risks associated with administering or using this assessment tool.

Overall, while the article provides useful information on the BESTest as a clinical balance assessment tool, it lacks critical analysis and could benefit from exploring potential biases and limitations in its development and use. Additionally, providing more information on alternative versions of the BESTest and potential risks associated with its use would enhance its usefulness for readers.

# Topics for further research:

* Limitations of the BESTest as a clinical balance assessment tool
* Criticisms of the BESTest's development and potential sources of bias
* Differences between the mini-BESTest
* brief BESTest
* and full BESTest versions
* Risks associated with administering or using the BESTest
* Comparison of the BESTest to other clinical balance assessment tools
* Evidence-based recommendations for using the BESTest in clinical practice

# Report location:

<https://www.fullpicture.app/item/d3dd523b4defb3e4d2ba9d3fc4477a23>