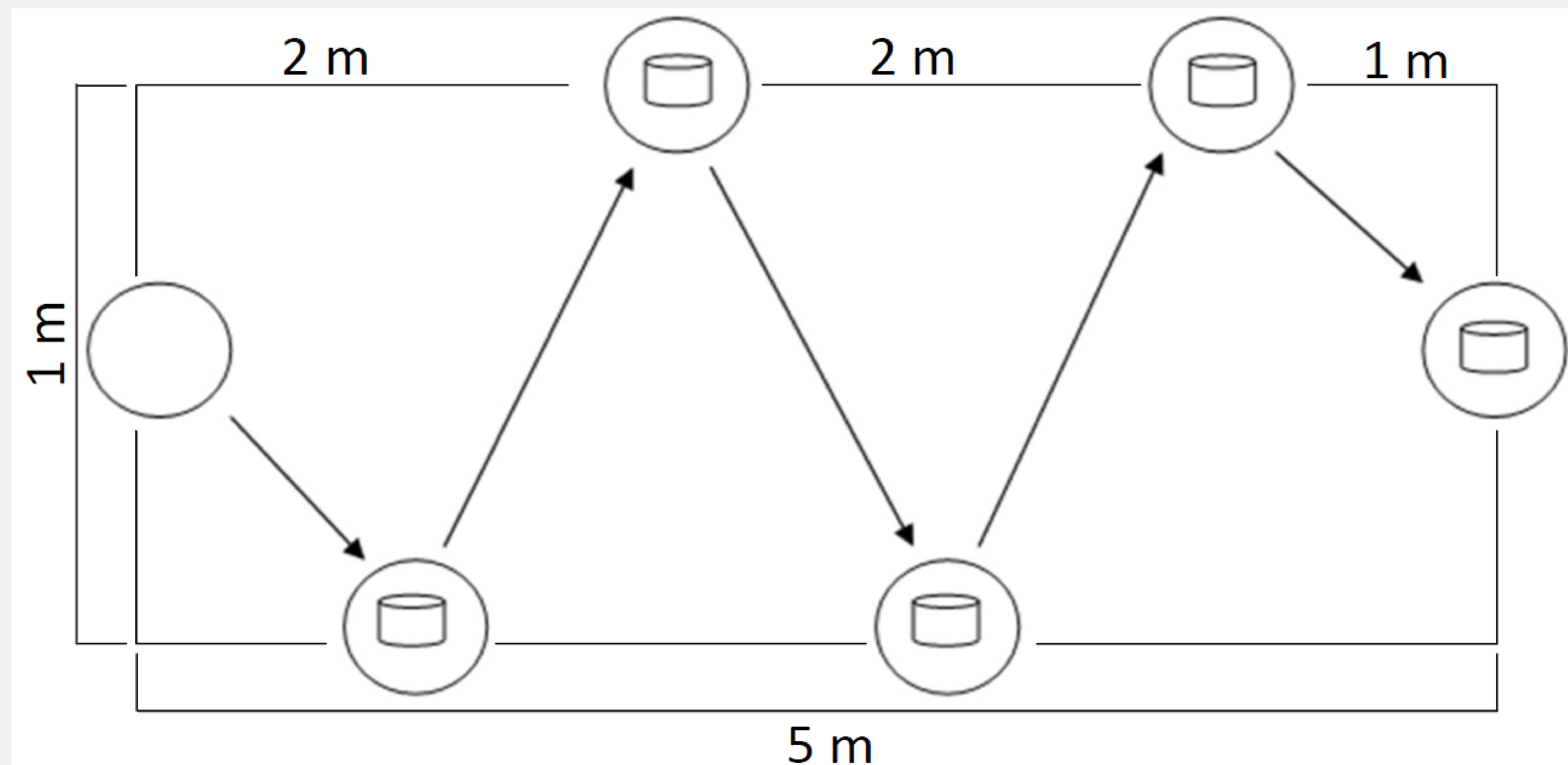


The Six-Spot Step Test is a reliable measure of balance during walking in persons with Parkinson disease

John Brincks, VIA University College, Department of Physiotherapy and Research Centre of Rehabilitation and Health Promotion, Aarhus, Denmark, jobr@via.dk

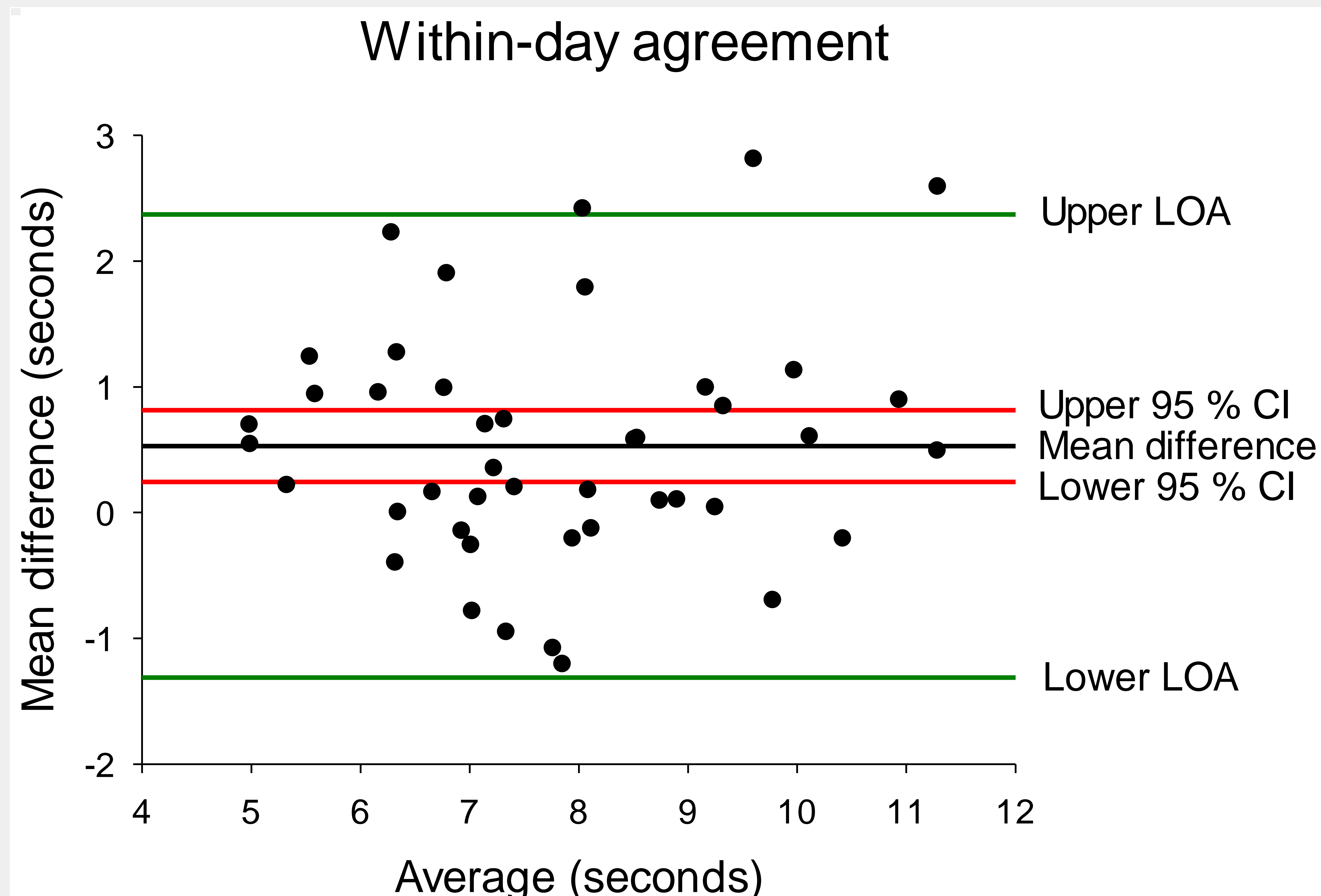
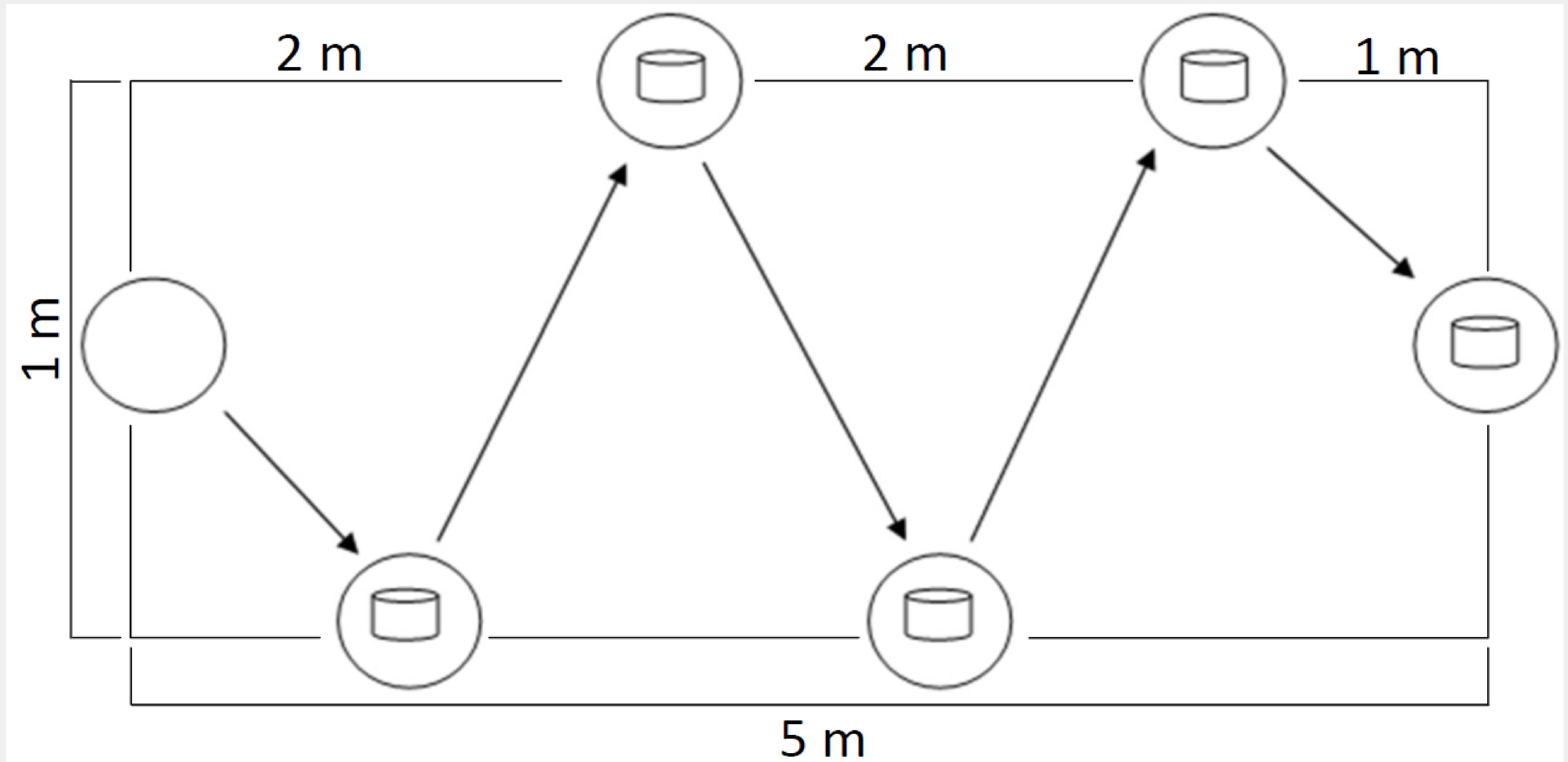


Characteristics for participants and baseline scores, n=44

Sex , males (n(%))	28 (64%)
Age, years (mean /SD))	67.8 (6.8)
Deep Brain Stimulator, n(%)	4 (9.1 %)
Time since diagnose (years (median (min-max)))	5 (1-18)
Hoehn & Yahr score 1	2 (4.5%)
Hoehn & Yahr score 2	17 (38.5%)
Hoehn & Yahr score 2.5	14 (32.0%)
Hoehn & Yahr score 3	10 (23.0%)
Hoehn & Yahr score 4	1 (2.0%)
SSST one on day 1, s mean (SD)	8.1 (1.8)
SSST two on day 1, s mean (SD)	7.6 (1.7)
SSST three on day 2,s mean (SD)	7.6 (1.6)

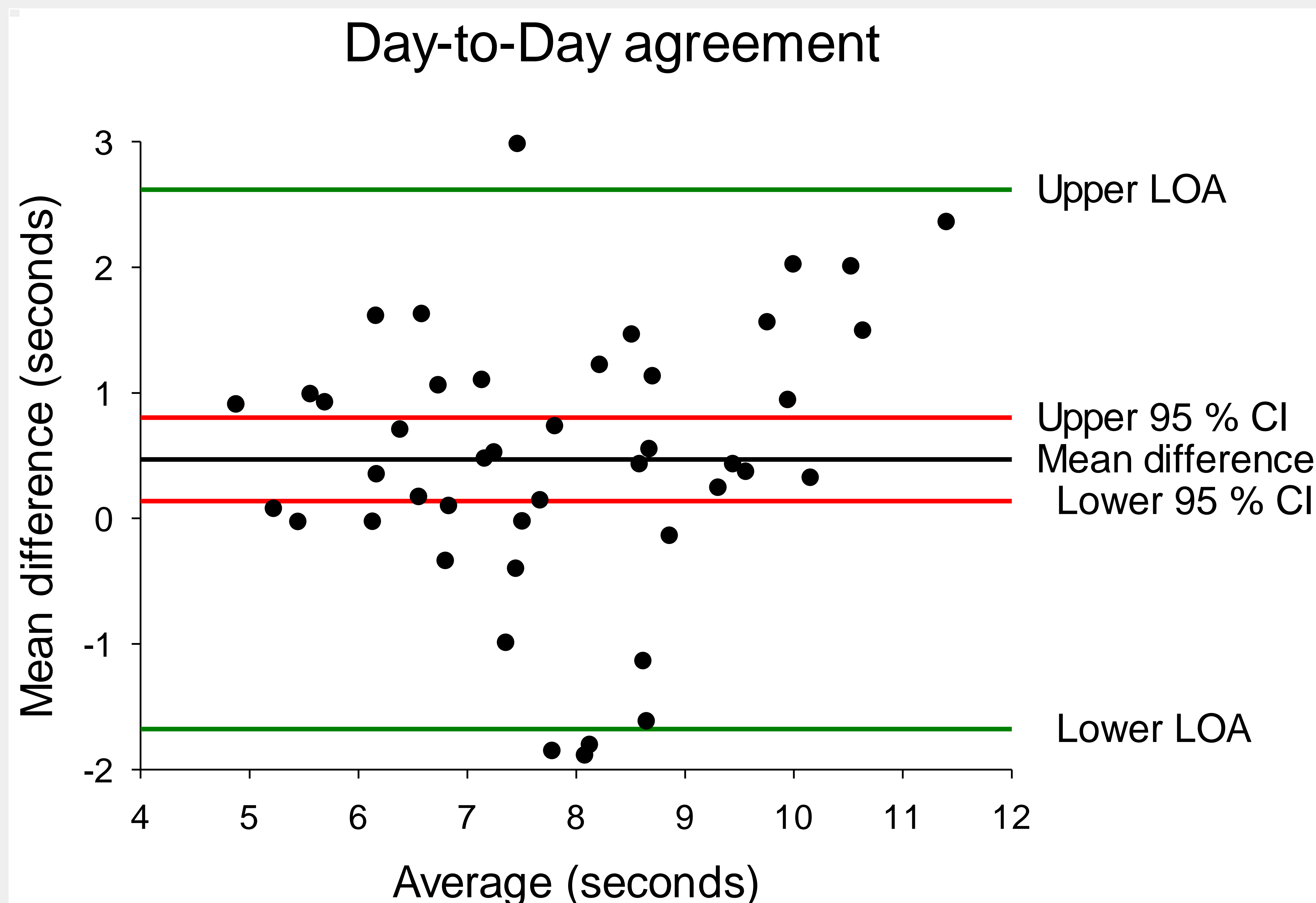
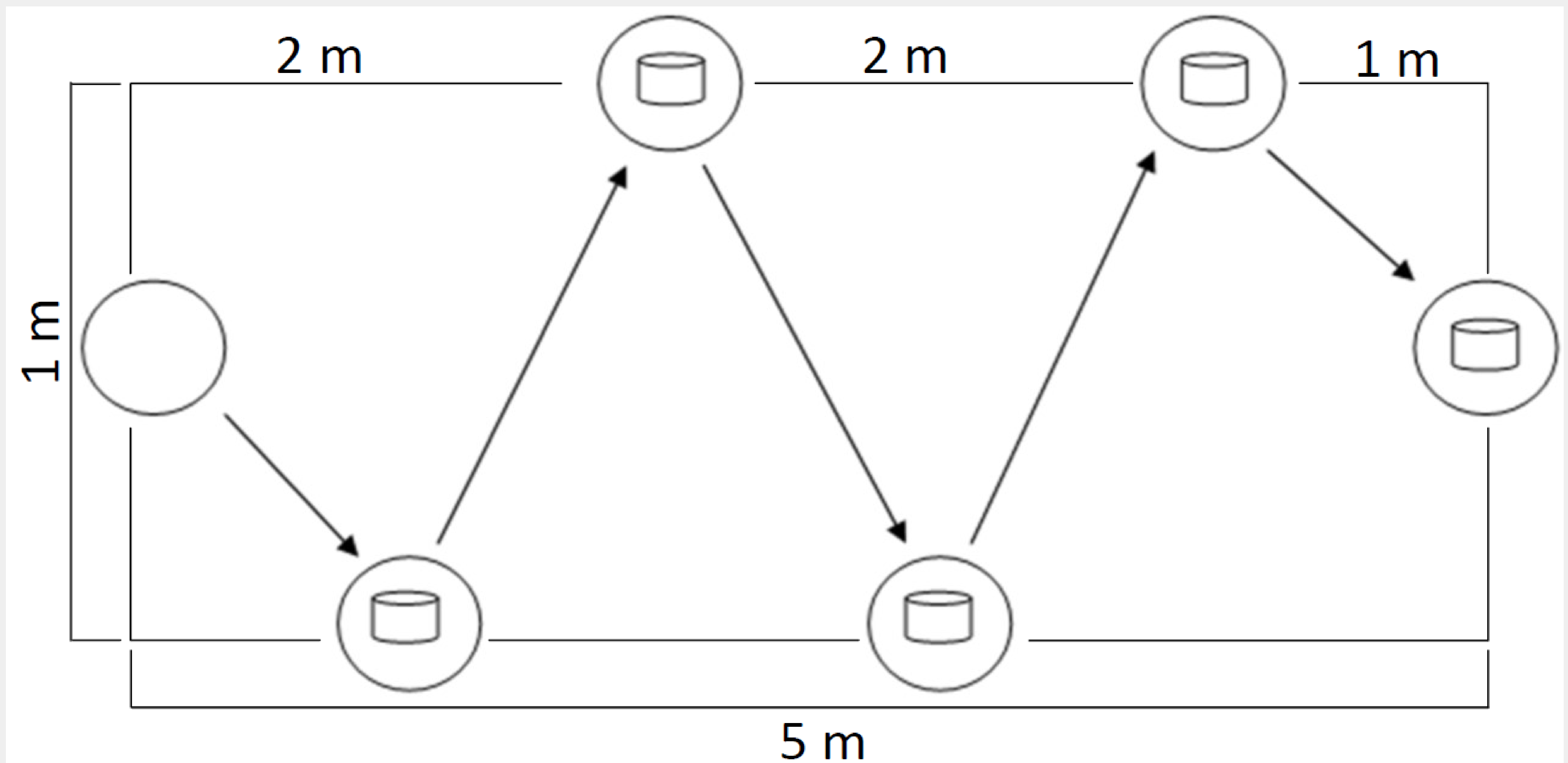
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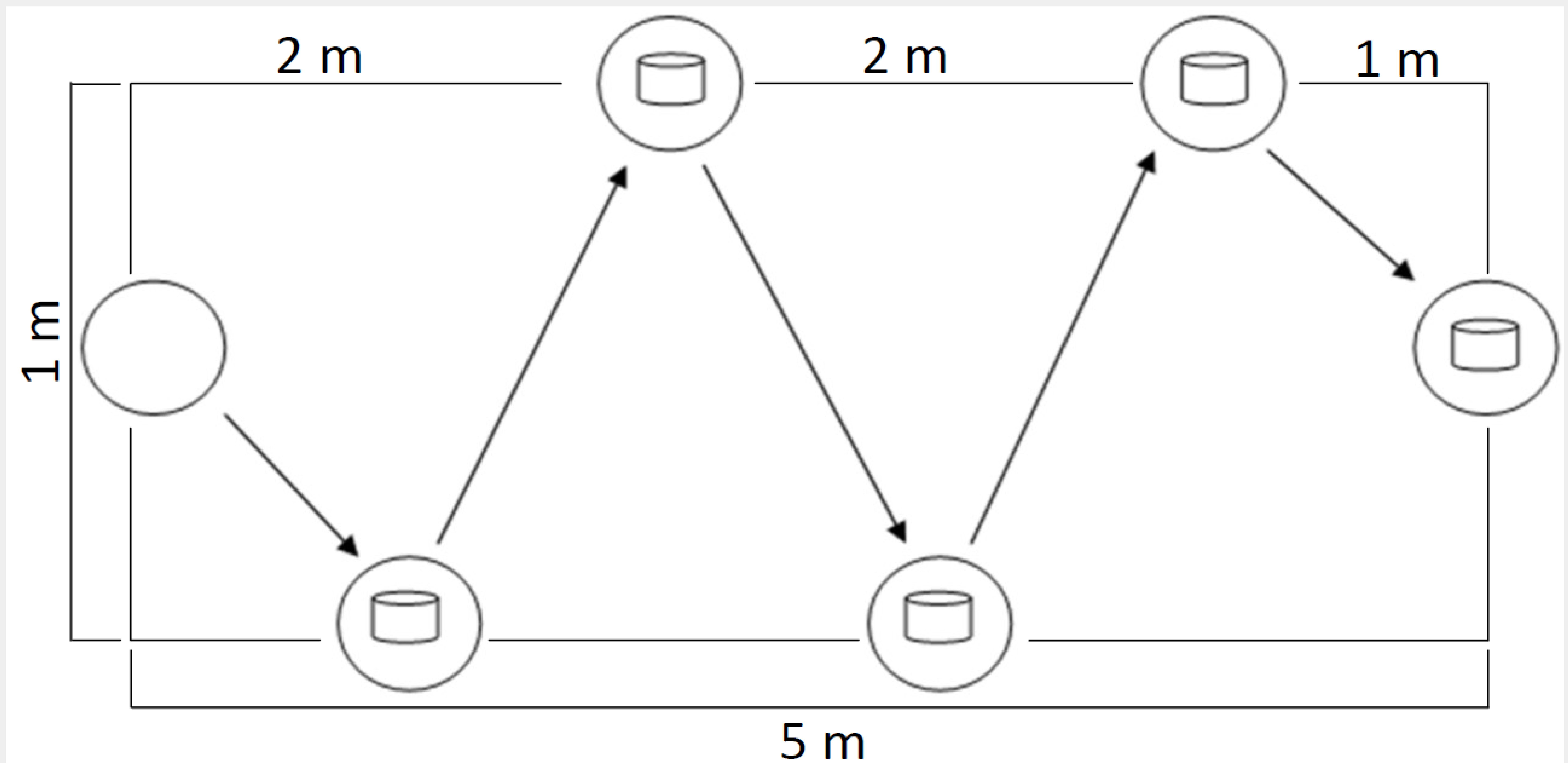
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Conclusion

- An agreement for within-day and day-to-day of ± 1.8 ($\pm 23.7\%$) and ± 2.2 ($\pm 26.7\%$) seconds was found. The reliability was ICC=0.81 and ICC=0.76 for within-day and day-to-day, respectively. A small learning effect was observed ($P < 0.05$), but this was called out after the first Six-Spot Step Test on day one
- An interventional change of 2.2 seconds or 25% can be regarded as a true change.
- To minimize learning effects test trials of the Six-Spot Step Test is recommended before use.