

# m-CTSIB Modified Clinical Test for Sensory Integration of Balance

**Equipment:** Stopwatch, compliant surface

**Purpose:** Assess complex sensory system to assist in determining which sensory system the individual relies upon (visual, somatosensory, vestibular) and provides a means to quantify postural control under various sensory conditions. This is a modification of the CTSIB by eliminating the use of the visual conflict dome.

**Procedure:** The individual is asked to stand barefoot (or with acceptable shoes) with their hands at their side during the 4 different conditions. Begin timing each trial using a stopwatch. The trial is over when the participant:

- (a) Opens their eyes in an eyes-closed condition
- (b) Raises arms from sides
- (c) Loses balance & requires manual assistance
- (d) Maintains balance for full 30 seconds.

If they cannot maintain the position for 30 seconds, 2 additional trials are given.

<b>Condition 1: Eyes Open, firm surface</b>		
Total Time	/30 secs	
Total Time	/30 secs	
Total Time	/30 secs	Mean Score:
<b>Condition 2: Eyes closed, firm surface</b>		
Total Time	/30 secs	
Total Time	/30 secs	
Total Time	/30 secs	Mean Score:
<b>Condition 3: Eyes open, foam surface</b>		
Total Time	/30 secs	
Total Time	/30 secs	
Total Time	/30 secs	Mean Score:
<b>Condition 4: Eyes closed, foam surface</b>		
Total Time	/30 secs	
Total Time	/30 secs	
Total Time	/30 secs	Mean Score:
<b>TOTAL SCORE:</b> ____/120 secs (mean score used for each condition if >1 trial is performed)		

This test provides insight into whether each of the sensory systems available for balance is being used effectively. Failure to maintain balance in Condition 2 indicates that the patient is visually dependent; they are not using somatosensory input to maintain balance when eyes are closed. Failure to maintain balance in Conditions 3 & 4 indicate that the visual and/or vestibular system is not being used to maintain balance.