

Materials List for

# Screening People on Standing Balance with Romberg Testing and Walking Balance with Tandem Walking

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jove.com/video/65663

## Materials

Name	Company	Catalog Number	Comments
10 cm thick, medium density, Sunmate foam	Dynamic Systems, Leicester, NC, USA;	sunmatecushions.com	Either this foam or foam by another manufacturer that has the same compliance characteristics as medium density Sunmate foam will be sufficient. Use a slab of foam large enough for an adult man's feet, e.g. 40.65 cm X 45.72 cm or larger
Metronome app	Any source	N/A	Either a real, physical metronome or a metronome app that can provide an auditory cue at 0.3 Hz. 0.3 Hz is the equivalent of 18 beats per minute, but using 20 beats per minute is acceptable if your app only goes that low.
Stopwatch	Any source	N/A	Any timing device in tenths of seconds will be sufficient