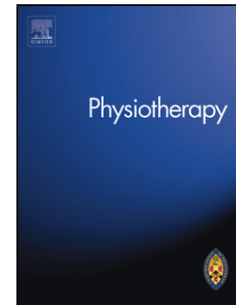


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Functional Reach of Older Adults: Normative Reference Values Based on New and Published Data

Richard W. Bohannon^a, Leslie I Wolfson^b, William B White^c

^a Department of Physical Therapy, College of Pharmacy and Health Sciences, Campbell University, Lillington, NC, USA

^b Department of Neurology, University of Connecticut School of Medicine, Farmington, CT, USA

^c Division of Hypertension and Clinical Pharmacology, University of Connecticut School of Medicine, Farmington, CT, USA

Corresponding author: Dr Richard W Bohannon, Department of Physical Therapy, College of Pharmacy and Health Sciences, Campbell University, Lillington, NC 27506. E-mail: bohannon@campbell.edu

Keywords: postural balance, testing, measurement, activity limitation

Objectives To provide normative reference values for the standing functional reach test for older adults.

Design Observational study and meta-analysis of data from published studies

Setting Clinical Research Center

Participants Older adults: 199 hypertensive from INFINITY study and 7535 from consolidation of INFINITY and 20 other studies.

Main outcome measure Functional reach

Results The mean (standard deviation) for functional reach for the hypertensive older adults was 27.5 (7.2) cm. For the consolidated sample of older adults, a random effects model determined a weighted mean (standard error) functional reach of 27.2 (0.9) cm with a 95% confidence interval of 25.5 – 28.9 cm.

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