



TESTING & TRACKING

What you will need for your test:

- Strong sturdy surface to hold if you need support. For example a kitchen counter or a strong chair. If you are unsteady, make sure to measure your progress with a family member or someone else who can assist you if you need support.
- A stop watch.
- Pen to record your progress.




For each test, begin in a safe place with a strong sturdy surface or chair within arm's reach. The surface or chair is there in case you need to grasp it for balance during the test. Place your feet in the designated foot position as illustrated in column one of the table on the reverse of this sheet labeled "Test". Cross your arms across your chest. When you are comfortable, begin the timer. Without receiving any support from a surface or a person, record how long you can maintain the foot position without your body swaying, moving your feet or needing to reach out for support.

Record your progress on the back of this sheet. If you commit to using ArcaRays 15 minutes every other day, you will see measurable improvement from day one.

YOUR PROGRESS



Perform each test below with right foot leading and then left foot leading. Perform "single-foot stance" with each foot. Stop timing the test if you reach 1 minute.

TEST	DAY 1 BASELINE	AFTER TWO WEEKS OF USE	AFTER FOUR WEEKS OF USE
SEMI-TANDEM STANCE 	DATE: RIGHT FOOT LEAD TIME HELD: LEFT FOOT LEAD TIME HELD:	DATE: RIGHT FOOT LEAD TIME HELD: LEFT FOOT LEAD TIME HELD:	DATE: RIGHT FOOT LEAD TIME HELD: LEFT FOOT LEAD TIME HELD:
TIGHTROPE STANCE 	RIGHT FOOT LEAD TIME HELD: LEFT FOOT LEAD TIME HELD:	RIGHT FOOT LEAD TIME HELD: LEFT FOOT LEAD TIME HELD:	RIGHTFOOT LEAD TIME HELD: LEFTFOOT LEAD TIME HELD:
SINGLE-FOOT STANCE 	RIGHT FOOT TIME HELD: LEFT FOOT TIME HELD:	RIGHT FOOT TIME HELD: LEFT FOOT TIME HELD:	RIGHT FOOT TIME HELD: LEFT FOOT TIME HELD: