

Kinesthesia Test

PARTICIPANT INFORMATION

Name: _____ Age: _____

Gender: _____ Dominant Hand: _____

Medical Conditions/Injuries:

TASK 1: JOINT POSITION SENSE Materials Needed: Blindfold, Partner/Assistant Procedure: Participant sits comfortably with their eyes closed and is blindfolded. Assistant gently moves one of the participant's limbs (e.g., arm, leg) to a specific position. Participant tries to identify the position of the limb without looking. Repeat for different limbs and positions. Instructions: Keep your eyes closed throughout the task. Clearly communicate the perceived position of the limb after each movement. If unsure, indicate uncertainty.

TASK 2: MOVEMENT REPRODUCTION Materials Needed: Stopwatch or timer, Open space Procedure: Participant stands at the starting point. On the 'Go' signal, the participant performs a specific movement (e.g. arm reaching forward). After a set time, participant returns to the starting position and attempts to replicate the movement. Measure the accuracy of the reproduced movement. Instructions: Perform the movement as accurately as possible. Replicate the movement after the specified time. Try to maintain a consistent speed.

TASK 3: LIMB IDENTIFICATION Materials Needed: Collection of objects with distinct textures, shapes, and sizes, Blindfold Procedure: Blindfolded participant uses their hand to identify objects by touch. Objects can include simple shapes, textured items, or familiar objects. Record the accuracy of identification. Instructions: Use your sense of touch to identify each object. If uncertain, make your best guess.

TASK 4: MIRROR TRACING Materials Needed: Mirror, Pen and paper, Simple shape or pattern drawn on paper Procedure: Participant traces the given shape or pattern while observing the reflection in the mirror. Measure the accuracy of the traced pattern. Instructions: Focus on the mirror reflection while tracing. Trace the shape as accurately as possible.

TASK 5: BODY AWARENESS Procedure: Participant sits or stands comfortably. Without looking, participant points to various body parts as called out by the examiner. Record the accuracy of pointing to each body part. Instructions: Keep your eyes closed and point to the specified body part. Take your time and be as accurate as possible.

CONCLUSION

Thank the participant for their participation and gather any additional comments or observations.