

Summary:

The Star Excursion Balance Test (SEBT) has been used extensively to obtain objective measures of dynamic postural control. This review concludes that the SEBT is a valid and reliable test of dynamic postural control in active individuals. Furthermore this test has validity in predicting risk of lower extremity injuries, predicting balance deficits in patients with different conditions, and it is sensitive to change in response to training. Consequently, the SEBT is a good lower extremity functional test.