

## Guidelines for Yokem Prism Validation

These guidelines have been developed by Dr. Shidlofsky but they can be altered or changed to meet the needs of your practice. The guidelines are in place to determine if Yokem Prisms have an effect on the amount of postural sway and the direction of the postural sway.

### **Guidelines:**

1. Run the CTSIB with no Prisms
2. Analyze the results – compare to Norms
3. Run the CTSIB with a 3 Base Up
4. Run the CTSIB with a 3 Base Down
5. Analyze results – was there improvement?

### **How to run the CTSIB:**

1. Double Click on the **Red BTrackS Assess Icon** on your desktop. This will open the application.
2. The Home Screen appears with 5 choices. Click on **Perform Test**.
3. If this is the first test since you opened the Assess Balance Software – you must perform an initialization of the Balance Plate. Click on **Initialize**. Make sure no one is standing on the Balance Plate. Click on **Start Initialization**. After the initialization is complete, click **Continue**. If this is not the first test since you opened the Assess Balance Software, you will go directly to the testing.
4. Click on **New Profile** and complete all the fields. Click on **Create**. All of this information can be changed and/or deleted later.
5. Click on **Select** next to **CTSIB**.
6. If this is the first time this individual has been tested Click on **Baseline**. If this is a follow-up test Click on **Post Baseline**
7. Read the description of the BTrackS CTSIB and then click **Continue**.
8. At this point, you can follow the instructions on each screen and you will complete the CTSIB. It will take about 3 minutes since you are reading each screen. There are 4 trials, each lasting 20 seconds. Two of the trials are directly on the plate and two of the trials are on the foam pad placed on top of the plate. After the CTSIB is complete, you will be presented with a screen that allows you to make a “note” regarding this CTSIB. There is no requirement to input anything – this is optional. Click **Continue**.
9. The Summary Results are presented. You can choose to **View Report** or **Print Report** at the bottom of the screen. Otherwise, choose **Back to Start** to run another test or **Exit** to close the application.