

# Modified Functional Reach Test (mFRT)

## Assessment Overview

### Assessment Area

**ICF Domain:**

Activity

**Subcategory:**

Mobility

### You Will Need

**Length:**

1 item ☑ 5 minutes

**Scoring:**

The individual is seated on a bench and the maximum distance forward they can reach is measured. The average of the three trials is reported in cm.

### Summary

The FRT was originally designed as a simple reach test to assess standing balance. The modified Functional Reach Test (mFRT) is designed to assess sitting balance in individuals with SCI. Balance is designed as the ability to maintain control over upright posture during forward reach without stabilization.

### Availability

More information can be found at:

<https://www.sralab.org/rehabilitation-measures/functional-reach-test-modified-functional-reach-test>

## Assessment Interpretability

### Minimal Clinically Important Difference

Not established in SCI

### Statistical Error

**Minimal Detectable Change:**

Group 1 (C5-C6) MDC: 5.16

Group 2 (T1-T4) MDC: 4.62

Group 3 (T10-12) MDC: 4.11

**Standard Error of Measurement:**

Group 1 (C5-C6) SEM: 1.86

Group 2 (T1-T4) SEM: 1.67

Group 3 (T10-12) SEM: 1.48

(Lynch et al. 1998; N=30 male, mean age 30.8 years SD 7.2 years, complete motor injury)

### Typical Values

**Mean Transfer Assessment Scores ( $\pm$ SD):**

Group 1 (C5-C6) SD: 7.6

Group 2 (T1-4) SD: 4.3

Group 3 (T10-12) SD: 5.6

## Measurement Properties

Validity  **Not established in SCI**

Not established in SCI

**Number of studies reporting validity data: 0**

Reliability  **High**

**High Intra-rater reliability:**

ICC session 1: 0.85-0.94

(Lynch et al. 1998; N=30 male, mean age 30.8 years SD 7.2 years, complete motor injury)

**Number of studies reporting reliability data: 1**

Responsiveness

**Floor/Ceiling Effect:**

Not established in SCI

**Effect Size:**

Not established in SCI

**Number of studies reporting  
responsiveness data:**

Not established in SCI