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Psychometric properties of tandem and lateral walking among young female adults - A Narrative review

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Abstract

Statement of the Problem: The use of measurement tools is crucial in clinical practice and healthcare system. The quality of the instrument must be carefully chosen in order to ensure the quality of the results, which depends entirely or in part on the psychometric characteristics of that instrument. To encourage early balance and mobility approaches, it is necessary to identify balance and mobility impairments in young individuals through appropriate screening procedures and measures. Both lateral walking and tandem walking are common gait patterns used in daily life, as well as instruments to assess mobility in therapeutic settings at various speeds.

Purpose of the study: This study aimed to review the reliability and validity of tandem walking and lateral walking among young female adults along with their ceiling and flooring effect and responsiveness.

Methodology: The published articles on the tandem walking and lateral walking's psychometric features were looked up in PubMed, SCOPUS, and Google Scholar for this narrative review. Inclusion criteria of this research were cross-sectional and review studies. This review included articles that evaluated the psychometric characteristics of both tandem and lateral walking among young female adults. Based on the inclusion criteria, all psychometric characteristics were analysed. Findings: The studies have found that, there is insufficient evidence for psychometric properties of tandem walking and lateral walking among young female adults.

Conclusion: The evidence covered in this review mainly focused on elderly population. Future research should be focused on conducting more validation study to explore these coordination tests among young female adults.

Biography:

Nidhi Sharma, Associate Professor, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar Deemed to be University, Mullana- Ambala, Haryana, India with 13 years of academic experience. She has done 14 National and International publications with 17 copyrights registered with Government of India.

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