

Getting Up from the Floor Test (FT)

- **Despite variation in scoring criteria for FT test between studies, evidence generated reinforce its ability to reflect both underlying impairments and overall functional status.**
- FT test is a reliable and valid indicator of functional mobility, physical disability, and frailty among community-dwelling older adults (Ardali et al. 2019).
- All participants (100%) who performed the FT test independently were classified as functionally independent (SPPB >9 points). (Ardali et al. 2019).
- Subjects with a history of falls and unable to get up without help were more likely to suffer functional decline than were those who did not have history of falls, or those who had a history of falls who were able to get up without assistance (Tinetti et al.)
- Four of 9 congregate older adults (mean = 80 years) could complete the FT task with support, leaving 5 participants who could not rise under any condition (Alexander et al.)
- “Get up from lying on the floor” is a marker of failing health and function in the older adult and a significant predictor of serious fall injuries (Bergland and Laake)
- Timed FT test predicted falls in independently functioning community-dwelling adults older than 60 years, correctly classifying 95.5% of the participants (Murphy et al.)
- Timed FT test is a reliable tool for assessing FT ability in individuals with chronic stroke (Ng et al.)

Get up From Lying on the Floor

Equipment: Pillow, Stop watch

Purpose:

Assess ability to get up from the floor without assistance. A marker of failing health and function in older adults. Inability is related to fall injury in 12 months.

Pre-Screen:

Before attempting this test, screen for ability for the subject to get into or maintain a hands and knees position on the bed or mat. If unable to get into or maintain, do not attempt Floor Test. Document inability to get into or maintain hands and knees position. Practice getting into and maintaining hands and knees on bed or mat as intervention. Once proficient, then attempt FT test.

Procedure:

1. **Questionnaire (See last page):** Ask subject to rate ability to get to and from the floor. Independent, Needs Assist, Unable even with assist. (Do not do if: unable with assist).
2. **Provide demonstration of efficient movement patterns for getting down to and up from the floor.** (Purpose: decrease pain and discomfort in lower extremity joints and improve safety and body mechanics during the test.)
3. **Ask subject to move from standing to lying on their back** on floor with head on a pillow, hands flat on floor. Provide verbal, manual, and object assistance for safety as needed and document.
4. **Start time with “go”. Stop time when on floor in supine position.** Document need to start from sitting vs. standing if required for safety.
5. **Ask subject to come to full stand without assistance**, and come to a complete stop in standing. Provide verbal, manual, and object assistance for safety as needed and document.
6. **Start time with “go”. Stop time when in stand position** (or sitting if required). Document need to end in sitting if required.

Score Sheet

Name: _____

Date: _____

Time to complete: Standing to floor: _____ Floor to stand: _____	Normative Data: 75-79 = 83.7% (77-90%) can get up from floor 80-84 = 75.9% (68-84%) can get up from floor 85+ = 65% (50-79%) can get up from floor Bergland et al, 2002
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Score			
1	Subject able to get up to and down from stand without assistance of any kind and without stumbling or support to achieve full stand.		
0	0 = unable without modifications, verbal cues, or physical assistance Circle all that apply: <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <u>Getting down to floor</u> Had to start from sitting Required support from furniture Required verbal cues for mvmt. pattern or safety (specify): _____ Required tactile cues for mvmt. pattern or safety (specify): _____ Unintentional change in transitional position resulting in the previous position (describe): _____ Required physical assist to prevent fall mvmt pattern or safety Min, mod, max, dep (describe): _____ Required physical assist to get to floor mvmt pattern or safety Min, mod, max, dep (describe): _____ </td> <td style="width: 50%; vertical-align: top;"> <u>Getting up to stand</u> Had to end in sitting Required support from furniture Required verbal cues for mvmt. pattern or safety (specify): _____ Required tactile cues for mvmt. pattern or safety (specify): _____ Unintentional change in transitional position resulting in the previous position (describe): _____ Required physical assist to prevent fall mvmt pattern or safety Min, mod, max, dep (describe): _____ Req'd physical assist to get to stand/sit mvmt pattern or safety Min, mod, max, dep (describe): _____ </td> </tr> </table>	<u>Getting down to floor</u> Had to start from sitting Required support from furniture Required verbal cues for mvmt. pattern or safety (specify): _____ Required tactile cues for mvmt. pattern or safety (specify): _____ Unintentional change in transitional position resulting in the previous position (describe): _____ Required physical assist to prevent fall mvmt pattern or safety Min, mod, max, dep (describe): _____ Required physical assist to get to floor mvmt pattern or safety Min, mod, max, dep (describe): _____	<u>Getting up to stand</u> Had to end in sitting Required support from furniture Required verbal cues for mvmt. pattern or safety (specify): _____ Required tactile cues for mvmt. pattern or safety (specify): _____ Unintentional change in transitional position resulting in the previous position (describe): _____ Required physical assist to prevent fall mvmt pattern or safety Min, mod, max, dep (describe): _____ Req'd physical assist to get to stand/sit mvmt pattern or safety Min, mod, max, dep (describe): _____
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Questionnaire-1: Difficulty Scale for Performing FT Ability

Please rate your difficulty and check that applies.

How much difficulty in your daily routine do you think you have in getting down and up from the floor?

- ☐ I can perform the task by myself without using any support from a person or furniture.
- ☐ I can perform the task with some help or support from a person or furniture.
- ☐ I am unable to perform the task by myself.

Efficient Movement Strategies to Perform the FT Test

Steps to perform:

1. Stand straight up on the mat with your arms and legs stretched out.
2. Spread your feet apart to have a larger base of support.
3. Step forward with the weaker knee into a half kneeling position.
4. Bring hand(s) down to the floor.
5. Bring the body into prone kneeling position while you have your hands on the ground.
6. From the prone kneeling position, bring the body into side sitting position.
7. From side sitting position, move down into side lying position.
8. From side lying position, move down into supine position.
9. From supine position, resume side lying position.
10. From side lying position, resume side sitting position.
11. From side sitting position, resume prone kneeling position.
12. From prone kneeling position, push the body up into half kneeling position with stronger leg being in front.
13. From half kneeling position, resume erect posture.