

## Sit to Stand Tests

### 30 Second Sit to Stand (Chair Stand Test)

### 5 Times Sit to Stand (5xSTS)

#### Equipment:

Stop watch

Standard Chair 17-18" (prefer without arms)

#### Purpose:

Assess lower extremity functional strength (emphasis quads)

Assess balance from sit to stand

Assess movement pattern coordination

Discriminates between those with low to high levels of functional mobility

#### Procedure for BOTH options

1. Stabilize chair against a wall
2. Instruct subject to cross arms over their chest and try to stand up WITHOUT USE OF HANDS
3. Demonstrate technique slowly to show form, then quickly to show speed and reiterated goal of test is quickness
4. Instruct to rise to full stand as quickly as possible, and start when told "GO"
5. Attempt 1-2 trials to ensure form and understanding of directions
6. Unable to do 1 = score of 0 (may not use arms)

#### ***Adaptations/Training***

*can be done but CANNOT be compared to norms:*

- I. Increase height of chair (cushion foam pad, etc.--note height of chair and progress to lower height)*
- II. Provide Assistance (note amount)*
- III. Allow to push off legs, arm rests, or device*

### 5X Sit to Stand (5X STS)

Start timing when told "GO"

Stop time at 5th stand

>15 sec = high fall risk

#### **Norms (5XSTS Meta-analysis)**

60-69 years: 11.4 s

70-79 years: 12.6 s

80-89 years: 12.7 s

Bohannon 2006

#### **Community Dwelling Men**

71-79 years 13.2 s

80+ years 15 sec

#### **Community Dwelling Women**

71-79 years 14.4 s

80+ years 16.1 s

Guralnik 1994

Time \_\_\_\_\_

### **30 Second Sit to Stand ( or Chair Stand Test)**

Good for clinical practice if patients are not able to complete 5X Sit to Stand

**Record # of Reps \_\_\_\_\_**

(if more than ½ way up on 30 sec, counts as full rise)

(See norm charts next page)

### **30 Second Sit to Stand Norms**

#### **Males**

<b>% Rank</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>84-89</b>	<b>90-94</b>
<b>95</b>	23	23	21	21	19	19	16
<b>75</b>	19	19	17	17	15	14	12
<b>55</b>	17	16	15	15	13	12	10
<b>35</b>	15	13	13	12	11	9	8
<b>15</b>	12	11	10	10	8	6	6
<b>5</b>	9	8	8	7	6	4	3

#### **Females**

<b>% Rank</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>84-89</b>	<b>90-94</b>
<b>95</b>	21	19	19	19	18	17	16
<b>75</b>	17	16	15	15	14	13	11
<b>55</b>	15	14	13	13	12	11	9
<b>35</b>	13	12	11	11	10	9	6
<b>15</b>	10	10	9	9	7	6	3
<b>5</b>	8	8	7	6	4	4	0