

Single Step Test

Equipment:

15 cm block to step on, stop watch

Purpose:

Assess the strength of the quadriceps in a concentric and eccentric repetitive contraction in a unilateral functional task. Compare the involved leg with the uninvolved with those with OA and post TKA

Procedure:

1. Subject is to stand on the 15 cm block with both feet on the block
2. Subject is instructed to squat to touch the heel of the non-testing leg to the floor and back up to the block
3. Subject is asked to perform this task as fast as they can for 20 repetitions
4. Subject can lightly rest their hands on the examiner's hands
5. Time is recorded for the 20 repetitions and then the other leg is tested
6. If they cannot perform 20 repetitions, the number they can successfully perform is recorded along with the time

Number of times performed the correct squat _____

Time taken to perform the squats _____

► Norms:

- 4 weeks post operative: surgical: 33.5 sec, nonsurgical 28.3 sec
- 3 months: surgical 21.8 sec, nonsurgical 20.7 cm

(Marmon AR, 2013)