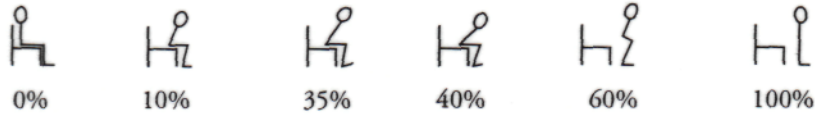


Sit - Stand

Nuzik S "Sit-to-Stand Movement Pattern" PT 1986; 66(11): 1540-1541 (109)

Time to complete _____ seconds (Norm 1.8 seconds)



ankle	neutral	neutral	5°DF	10°DF	5°DF	neutral
knee	90°	90°	100°	110°	50°	0°
hip	90°	95°	110°	120°	50°	0°
pelvis	post tilt	initial ant tilt	ant tilt	ant tilt	post tilt	post tilt
trunk	extension	3-5° flexion	20-30° ✓	50° ✓	30° ✓	0°
neck	extension	2-5° flexion	5-8° ✓	10° ✓	5-8° ✓	0°

