

2-Minute Step Test

1. Measure HR, BP, and RR prior to beginning test
2. Have patient/client stand next to wall - measure height of iliac crest and patella and mark on wall – then place mark on wall ½ the distance between the two
3. Have the patient raise each knee to that point midway between the patella and the iliac crest in 2 minutes
4. The score is the number of times the right knee reaches the required height
5. Measure HR, BP, and RR immediately upon completion of test

	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Men	87-115	86-116	80-110	73-109	71-103	59-91	52-86
Women	75-107	73-107	68-101	68-100	60-91	55-85	44-72

	Heart Rate	Blood Pressure	Respiratory Rate
Pre-test			
Post-test			
Number of times right knee reaches required height in 2 minutes			