

## 2 Minute Step Test

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Patient's name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

Time: \_\_\_\_\_ Date of birth: \_\_\_\_\_ dd / mm / yyyy

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Other relevant information/medical history:

### RESTING VITAL MEASUREMENTS

Blood pressure: \_\_\_\_\_ Respiration rate: \_\_\_\_\_

Body temperature: \_\_\_\_\_ Pulse rate: \_\_\_\_\_

Materials needed Table, wall, or chair Stopwatch Tape measure Tape

Instructions Ask the patient to stand next to a wall. Using the tape measure, measure the height of the iliac crest and patella. Mark these on the wall with tape. Place another piece of tape on the wall that's half of the distance between the two. Position your patient and ready your stopwatch. On "go," run your stopwatch and have your patient stop in place. Make sure they raise each knee to the middle mark on the wall as many times as possible within 2 minutes. Within the 2 minutes, only count the number of times the right knee reaches the required height. This number will be the score. After 2 minutes, have your patient do a cool down. Record post-exercise vital signs and results. Afterward, interpret the score.

### POST-EXERCISE VITAL SIGN MEASUREMENTS

Blood pressure: \_\_\_\_\_ Respiration rate: \_\_\_\_\_

Body temperature: \_\_\_\_\_ Pulse rate: \_\_\_\_\_

Normative data Age (in years) Female 25th percentile (steps) - 90th percentile Male 25th percentile (steps) - 90th percentile  
 60 - 64 75 - 122 87 - 128  
 65 - 69 73 - 123 86 - 130 70 - 74 68 - 116 80 - 125 75 - 79 68 - 115 73 - 125 80 - 84 60 - 104 71 - 118 85 - 89 55 - 98 59 - 106 90 - 94 44 - 85 52 - 102

### PATIENT'S RESULTS

Steps: \_\_\_\_\_

Interpretation:

Additional notes:

Physician's name: \_\_\_\_\_

Physician's signature: \_\_\_\_\_

