

30-second Chair Stand Test

30-SECOND CHAIR STAND TEST

Name of patient: _____ Date of test: _____ dd / mm / yyyy

Administered/reviewed by: _____

Before starting the test, you're going to need the following: A chair that's 17 inches tall and has no armrest, A nearby wall, A stopwatch. Place the chair by the wall and have it face away from it. This is to prevent your patient from falling backward by accident.

Instructions: Once your patient is sitting on the chair, tell them about the test and what's going to happen: Place both your hands on opposite shoulders, Keep your feet flat on the floor, Keep your back straight, Keep your arms against your chest, When I say GO, rise to a full standing position, then sit back down again, Keep repeating that until I say STOP. You can demonstrate the task to them. Have your patient do a practice round just to try it out.

Once you've given the instructions and they're done with a practice round, start the test. As soon as you say GO, start your stopwatch. As soon as you say STOP, stop your stopwatch. Make sure to record the number of times they assumed a full-standing position during the 30-second test. The number of times they've successfully assumed that position will be their score. In the event that they ever use their arms to help themselves stand, the number of times they went to a full-standing position will be zero. That'll be their score, too.

Number of times they assumed a full-standing position: _____ Score: _____

Below-average score range per age group: Age Range 60-64: Men Less than 14, Women Less than 12; Age Range 65-69: Men Less than 12, Women Less than 11; Age Range 70-74: Men Less than 12, Women Less than 10; Age Range 75-79: Men Less than 11, Women Less than 10; Age Range 80-84: Men Less than 10, Women Less than 9; Age Range 85-89: Men Less than 8, Women Less than 8; Age Range 90-94: Men Less than 7, Women Less than 4

Additional Notes: