

2 Minute Step Test

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Patient's name:

Date:

Time:

Date of birth:

Age:

Gender:

Height:

Weight:

Other relevant information/medical history:

Resting vital measurements

Blood pressure:

Respiration rate:

Body temperature:

Pulse rate:

Materials neededTable, wall, or chairStopwatchTape measureTape

InstructionsAsk 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.

Results

Post-exercise vital sign measurements

Blood pressure:

Respiration rate:

Body temperature:

Pulse rate:

Normative dataAge (in years)Female 25th percentile (steps) - 90th percentileMale 25th percentile (steps) - 90th percentile60 - 6475 - 12287 - 12865 - 6973 - 12386 - 13070 - 7468 - 11680 - 12575 - 7968 - 11573 - 12580 -8460 - 10471 - 11885 - 8955 - 9859 - 10690 -9444 - 8552 - 102

Patient's results

Steps:

Interpretation:

Additional notes:

Physician's name:

Physician's signature:

Date: