

# 30-second Chair Stand Test

Name of patient: \_\_\_\_\_ Date of test: \_\_\_\_\_

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
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### Below-average score range per age group:

Age Range	Men	Women
60-64	Less than 14	Less than 12
65-69	Less than 12	Less than 11
70-74	Less than 12	Less than 10
75-79	Less than 11	Less than 10
80-84	Less than 10	Less than 9
85-89	Less than 8	Less than 8
90-94	Less than 7	Less than 4

## Additional notes: