

30-second Chair Stand Test

Name: _____ Age: _____ Sex: _____

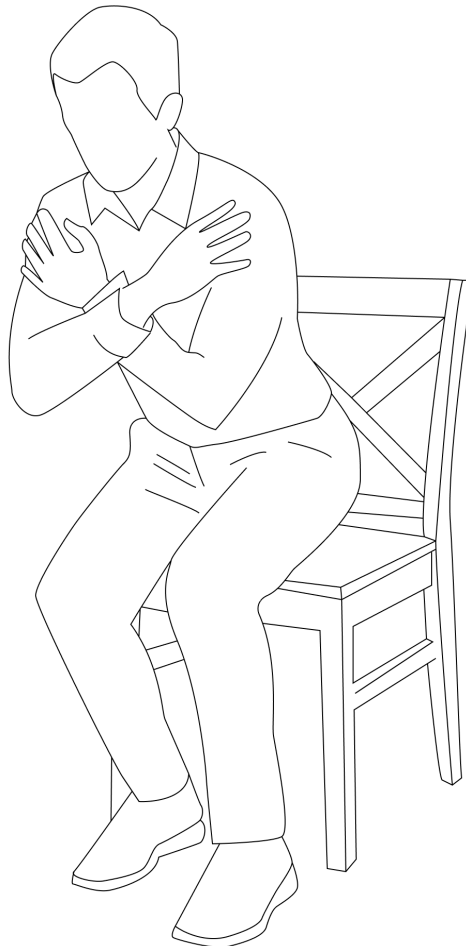
Examiner: _____ Date: _____

Equipment

- Chair of about 17 inches / 43.2 cm seat height
- A space near a wall
- A stopwatch

Procedure

1. Seat the patient in a chair without arms, with a seat height of 17 inches (43.2 cm). Ensure the chair is against a wall for stability.
2. Instruct the patient to sit in the middle of the chair, with their back straight, feet shoulder-width apart on the floor, arms crossed at the wrists, and held against the chest.
3. Demonstrate the task both slowly and quickly. Allow the patient to practice a repetition or two before starting the test.
4. Instruct the patient to stand fully and then sit back down as many times as possible within 30 seconds. Monitor for proper form.
5. Record the number of correct stands completed in 30 seconds. Incorrectly executed stands should not be counted.
6. If the patient uses their arms to stand, record a score of 0.



Results and interpretation

Compare the score against the normative data in the tables in the next subsection to determine the patient's performance:

Number of correct stands completed:

Below average Average Above average

Age group	Women		Men	
	Below average	Average	Below average	Average
21-29 years	< 27	27 - 39	< 27	27 - 39
30-59 years	No specific data for this range			
60-64 years	< 12	12 - 17	< 14	14 - 19
65-69 years	< 11	11 - 16	< 12	12 - 18
70-74 years	< 10	10 - 15	< 12	12 - 17
75-79 years	< 10	10 - 15	< 11	11 - 17
80-84 years	< 9	9 - 14	< 10	10 - 15
85-89 years	< 8	8 - 13	< 8	8 - 14
90-94 years	< 4	4 - 11	< 7	7 - 12

Additional notes

References

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