Modified 30-second Sit-to-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:

- Tell your patient to sit down on the chair.
- While seated, tell them to keep their feet approximately shoulder-width apart. They must place their feet on the floor at an angle that is slightly back from the knees. One foot must be slightly in front of the other. This is important because this kind of positioning will help maintain their balance while standing up.
- While seated, they must also keep their back straight.
- Once they are in position, tell them this: "When I say GO, rise to a full standing position, then sit back down again. Try to stand up and sit down as many times as you can until I say STOP.
- Make sure to tell them that they can definitely use the armrests as support. Just make sure to also let them know that they need to let go of the armrests once they are in a full-standing position.
- Once you are done telling them these instructions, demonstrate them.
- Have them do a practice round, then let them take a short break to regain stamina for the actual test.
- After the post-practice round short break, conduct the actual test.

Do not forget to count and record the number of times they went into full-standing position throughout the 30-second runtime of the test. If ever you stop the timer while they are halfway to a full-standing position, count that as a full stand.

Number of times they assumed a full-standing position	Score

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:

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