

Instructions for recording a Five Times Sit to Stand Test

Equipment required:

- standard clinic chair situated in the middle of the room, (not against a wall)
- clinic iPhone or iPad for stopwatch feature

instructions

- patient sits on the middle of the chair with arms folded across the chest with their back against the chair. This is slightly flexed with feet positioned so that knee is aligned over midfoot region
- explain to the patient that *we want them to stand up and sit down five times as quickly as they can when I say 'GO!'*
Do you have any questions?
- from this position, patient stands **fully** and then sits down again, without their back touching the back of the chair between repetitions
- the timing of the tests begins at the command 'GO' and ends when the buttocks touch the seat on the fifth repetition

Observations

The age matched norms score is:

- 11.4 seconds for 60-69 years age group
- 12.6 seconds for 70-79 years of age group
- 14.8 seconds for 80-89 years of age group