

## Chair Stand Test PROTOCOL

### About the Chair Stand Test

The chair stand test is a physical performance test used to assess lower-extremity function. Lower-extremity function has been shown to predict subsequent development of disability because it reflects the effects of chronic disease, coexisting conditions, and overall physiologic decline. A 5 repetition test is a measure of strength; a 10 repetition test is a measure of strength and endurance.

### Equipment/Set Up

Use a standard chair with arms and with a seat height of approximately 17 inches for all assessments, regardless of the height of the subject. Place the back of the chair against a wall to prevent movement during the test.

### Procedure

Instruct and demonstrate the following protocol *before* asking the subject to perform the test:

- Sit as far back as possible in the chair seat. Keep feet firmly planted on the floor approximately hip width apart and the back of lower legs away from the chair. Keep knees bent at a 90-degree angle with arms crossed over the chest. (An individual of average or taller height will be able to sit with their upper back against the back of the chair. Individuals of shorter than average height will *not* be able to touch the chair back while maintaining proper position and are *not* required to touch the chair back during testing).
- Stand up one time and sit down, returning completely to the correct starting position.
- Indicate that any chair stands done with improper technique, e.g. not standing all the way up, not sitting all the way back, lifting feet off the floor, etc. will not be counted.
- Allow the participant the opportunity to try one chair stand to be sure when they stand up the back of their legs are not touching the chair.
- Instruct the subject that the timed assessment will begin on the command, “Ready, Set, Go” and that they are to stand up and sit back down 10 times as quickly and safely as possible.

At the command “Ready, Set, Go” the tester begins timing by starting the stopwatch.

- Count each chair stand out loud when the subject is in the standing position. Provide continuous verbal encouragement during the test.
- At the tenth repetition click the stopwatch off while participant is in the standing position.
- Conduct two trials, separated by three minutes.

*If subjects are unable to stand up one time without assistance than they can use their hands to assist them in rising and returning to the seated position while following all other procedures as described above. Make sure to note that hands were used when recording the assessment data.*