

30 second Chair Stand Test (Rikli, Jones 1999)

Chair height: 17" (43 cm), placed against wall for stability

Starting position: sitting in the middle of the chair, back straight, *arms crossed over chest*, feet flat on floor.

1. Take resting vital signs.
2. Demonstrate the movement, first slowly, then quickly.
3. Have the patient/client practice one or two repetitions to ensure proper form, and adequate balance
4. On the signal "go" the patient/client rises to a full stand, then returns to a fully seated position, as many times as possible in 30 seconds.
5. If a person is more than half way up at the end of the 30 seconds, **count it** as a full stand.
6. One trial.
7. Take post exercise vital signs.
8. Document any modifications (chair height, assistance needed)

Exclusion criteria:

- **advised not to exercise by physician**
- **CHF, joint pain, chest pain, dizziness, angina during exercise**
- **BP > 160/100**

Patient Name: _____ **Date:** _____

Patient Score: _____

Modifications: _____

Therapist/Administrator: _____

Instructions to Patient:

"When I say go, I want you to stand up and sit down as quickly as you can until I tell you to stop. You don't have to sit back in the chair completely, but you do have to make sure your buttocks contact the chair. I am going to count how many times you can stand up in 30 seconds."

Range of scores between the 25% and 75% percentiles		
Age	Number of stands – Women	Number of stands – Men
60 - 64	12 - 17	14 - 19
65 - 79	11 - 16	12 - 18
70 - 74	10 - 15	12 - 17
75 - 79	10 - 15	11 - 17
80 - 84	9 - 14	10 - 15
85 - 90	8 - 13	8 - 14
90 - 95	4 - 11	7 - 12

- ❖ Scores < lower number in range for gender and age indicates **INCREASED FALL RISK**
- ❖ Scores < 8 (unassisted) stands were associated with lower levels of functional ability
- ❖ Scores < 10 generally indicate poor leg strength

