Purpose: To test leg strength and endurance

Equipment: A chair with a straight back without arm rests (seat 17 inches high) and a stopwatch

1. Instruct the patient:
2. Sit in the middle of the chair.
3. Place your hands on the opposite shoulder crossed at the wrists.
4. Keep your feet flat on the floor.
5. Keep your back straight and keep your arms against your chest.
6. On “Go,” rise to a full standing position then sit back down again.
7. Repeat this for 30 seconds.
8. On the word “Go,” begin timing.

If the patient must use his/her arms to stand, stop the test. Record “0” for the number and below average for the score.

1. Count the number of times the patient comes to a full standing position in 30 seconds.

If the patient is over halfway to a standing position when 30 seconds have elapsed, count it as a stand. Note: Stand next to the patient for safety.

1. Record the number of times the patient stands in 30 seconds.

Number: \_\_\_\_\_\_\_

Score: \_below average \_not below average

Scoring: Below Average Scores

Age 60-64 men <14 women <12

Age 65-69 men <12 women <11

Age 70-74 men <12 women <10

Age 75-79 men <11 women <10

Age 80-84 men <10 women <9

Age 85-89 men <8 women <8

Age 90-94 men <7 women <4

A below average score indicates a risk for falls.

Reference

Centers for Disease Control and Prevention [CDC].(2019). Stopping Elderly Accidents Deaths and Injuries (STEADI) Tool Kit Assessment: 30-second chair stand. Available at https://www.cdc.gov/steadi/pdf/STEADI-Assessment-30Sec-508.pdf