Five times Sit to Stand Test:

Method:
Use a straight back chair with a solid seat that is 16” high. Ask participant to sit on the chair with arms folded across their chest.

Instructions:
“Stand up and sit down as quickly as possible 5 times, keeping your arms folded across your chest.”

Measurement:
Stop timing when the participant stands the 5th time.

Outcomes:
  • (Guralnik 2000)
    Inability to rise from a chair five times in less than 13.6 seconds is associated with increased disability and morbidity
  • (Buatois, et al., 2008)
    The optimal cutoff time for performing the FTSS test in predicting recurrent fallers was 15 seconds (sensitivity 55%, specificity 65%). 2,735 subjects aged 65 and older in an apparently good state of health were tested.
  • (Bohannon, 2006)
    Metaanalysis results “demonstrated that individuals with times for 5 repetitions of this test exceeding the following can be considered to have worse than average performance” (Bohannon, 2006)
    - 60-69 y/o  11.4 sec
    - 70-79 y/o  12.6 sec
    - 80-89 y/o  14.8 sec

References:

