

## 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:

Guralnik, J. M., L. Ferrucci, et al. (2000). "Lower extremity function and subsequent disability: consistency across studies, predictive models, and value of gait speed alone compared with the short physical performance battery." *J Gerontol A Biol Sci Med Sci* 55(4): M221-31.

Buatois S, Miljkovic D, Manckoundia P, Gueguen R, Miget P, Vancon G et al. Five times sit to stand test is a predictor of recurrent falls in healthy community-living subjects aged 65 and older. *J Am Geriatr Soc* 2008; 56(8):1575-1577.

Bohannon RW. Reference values for the five-repetition sit-to-stand test: a descriptive metaanalysis of data from elders. *Percept Mot Skills* 2006; 103(1):215-222.

