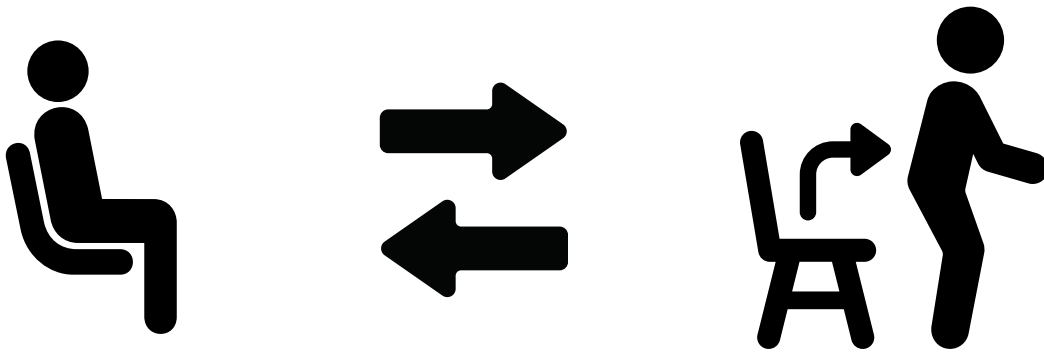


# Five Times Sit to Stand Test

## What's the purpose?

- The Five Times Sit to Stand Test is used to measure the strength of your legs and your balance.
- It can help your therapist understand what to focus on during your rehabilitation.
- This test can also help determine your risk of falling.
- It's often used with older adults, people with movement or balance problems, and people recovering from a stroke.
- It takes less than 5 minutes to complete.



## What do I have to do?

- You will sit in a chair with your arms crossed over your chest. Keep your back against the chair.
- When your therapist says "go" and starts the timer, you will stand up and sit down five times as fast as you can.
- When you sit down the fifth time, the test is done and your therapist will stop the timer.

## What does my score mean?

- Your score is the amount of time, in seconds, it takes you to stand up and sit down five times.
- If you can't do the test without using your arms, you will get a score of 0 seconds.
- Scores can mean different things for people with different conditions.
- Your score helps your therapist understand your fall risk and how well you can keep your balance.
- Taking the test again after rehabilitation lets your therapist compare your scores and see if your leg strength and balance have improved.

*Talk to your therapist about what the results mean for you.*

To see a full summary of this instrument and more, visit [sralab.org/rehabilitation-measures](http://sralab.org/rehabilitation-measures).  
Questions? Email [rehabmeasures@sralab.org](mailto:rehabmeasures@sralab.org) or call 312.238.2802

