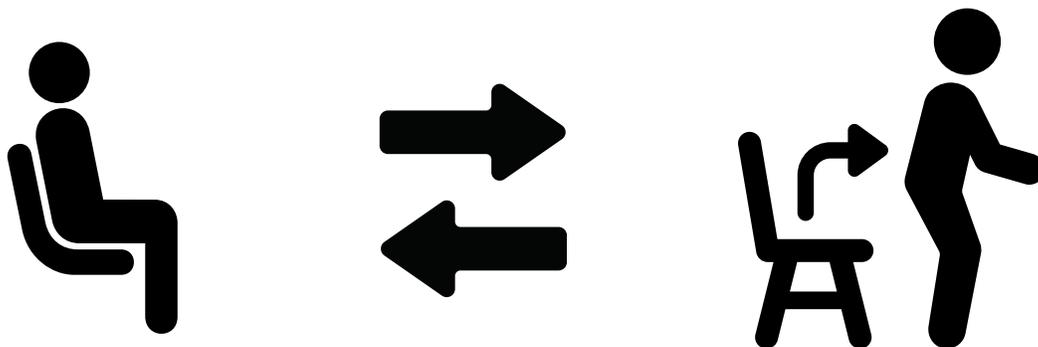


Five Times Sit to Stand Test

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.

Questions? Email rehabmeasures@sralab.org or call 312.238.2802

