

## Chair Stand Test - 30 sec

**Purpose** : Strength and endurance test in the assessment of sarcopenia (risk of falls)

**Admin time** : 3 min

**User Friendly** : High

**Administered by** : GP or nurse

**Content** : The timed chair stand test counts how many times a person can rise and sit in the chair over a 30-second interval

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<https://www.cgakit.com/timed-chair-stand-test>

## ASSESSMENT

# 30-Second Chair Stand

Patient \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_  AM  PM

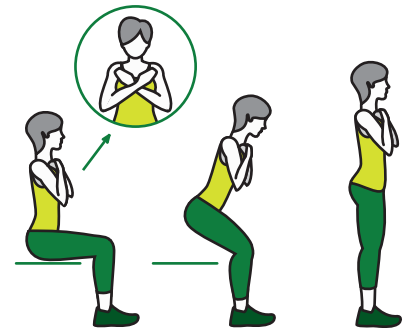
**Purpose:** To test leg strength and endurance

**Equipment:** A chair with a straight back without arm rests (seat 17" high), and a stopwatch.

### ① Instruct the patient:

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

**NOTE:**  
Stand next to the patient for safety.



## SCORING

### Chair Stand Below Average Scores

AGE	MEN	WOMEN
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	< 11	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4

A below average score indicates a risk for falls.

### ② 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 score.

### ③ 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.

### ④ Record the number of times the patient stands in 30 seconds.

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