Patient name:	Date:	Time:	AM/PM
NHI:	Test carried out by:		

The 30-Second Chair Stand Test

Overview: The 30 Second Chair Stand Test, in conjunction with other measures such as the 4-Stage Balance Test, Timed Up and Go (TUG) Test and an assessment of postural hypotension can help to indicate if a patient is at risk of falling.

Purpose: To test leg strength and endurance:

Equipment:
- A chair with a straight back, without arm rests, placed against a wall to prevent it moving
- A stopwatch/timer

Instructions to the patient:

1. Sit in the middle of the chair.
2. Place each hand on the opposite shoulder crossed at the wrists.
3. Place 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 and then sit back down again.
6. Repeat this for 30 seconds.

On "**Go**" begin timing.

Do not continue if you feel the patient may fall during the test.

Count the number of times the patient comes to a full standing position in 30 seconds and record it in the box below.

If the patient is over halfway to a standing position when 30 seconds have elapsed, count it as a stand. If the patient must use his or her arms to stand then stop the test and record "0" for the number below.

Number:	(See over page for what this means)

A below average number of stands for the patient's age group indicates a high risk of falls.

Notes:

This resource was developed by bpac^{nz} for the Health Quality & Safety Commission based on the STEADI falls campaign by the US Centres for Diseases Control and Prevention (CDC).

Chair stand – Number of stands by age group[1]

MEN			
Age group (years)	**Below Average**	**Average**	**Above Average**
60 – 64	< 14	14 – 19	>19
65 – 69	< 12	12 – 18	>18
70 – 74	< 12	12 – 17	>17
75 – 79	< 11	11 – 17	>17
80 – 84	< 10	10 – 15	>15
85 – 89	< 8	8 – 14	>14
90 – 94	< 7	7 – 12	>12

WOMEN			
Age group (years)	**Below Average**	**Average**	**Above Average**
60 – 64	< 12	12 – 17	>17
65 – 69	< 11	11 – 16	>16
70 – 74	< 10	10 – 15	>15
75 – 79	< 10	10 – 15	>15
80 – 84	< 9	9 – 14	>14
85 – 89	< 8	8 – 13	>13
90 – 94	< 4	4 – 11	>11

1 Rikli R, Jones C, Functional fitness normative scores for community-residing older adults, ages 60-94. J Aging Phys Activity 1999;7(2):162-81.

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