

Appendix C

30 second Chair Stand Test

Chair height: 17” (43 cm), placed against wall for stability

Starting position: sitting in the middle of the chair, back straight, arms crossed over chest, feet flat on floor.

1. Take resting vital signs.
2. Demonstrate the movement, first slowly, then quickly.
3. Have the patient/client practice one or two repetitions to ensure proper form, and adequate balance
4. On the signal “go” the patient/client rises to a full stand, then returns to a fully seated position, as many times as possible in 30 seconds.
5. If a person is more than half way up at the end of the 30 seconds, count it as a full stand.
6. One trial.
7. Take post exercise vital signs.
8. Document any modifications (chair height, assistance needed)

Age	Men: number of stands	Women: number of stands
60 - 64	14 - 19	12 - 17
65 - 79	12 - 18	11 - 16
70 - 74	12 - 17	10 -15
75 - 79	11 - 17	10 - 15
80 - 84	10 - 15	9 - 14
85 - 89	8 - 14	8 - 13
90 - 95	7 - 12	4 - 11

Scores less than 8 (unassisted) stands are associated with lower levels of functional ability

Rikli RE, Jones CJ (1999). Functional fitness normative scores for community residing older adults ages 60-94. *Journal of Aging and Physical Activity*, 7, 160-179.