

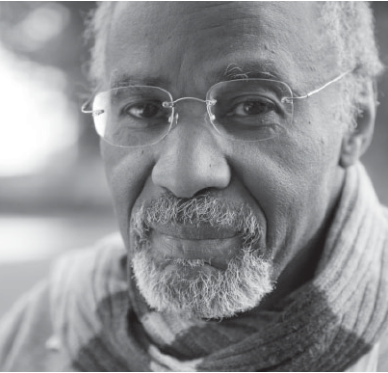
Patient: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM

# The 30-Second Chair Stand Test

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

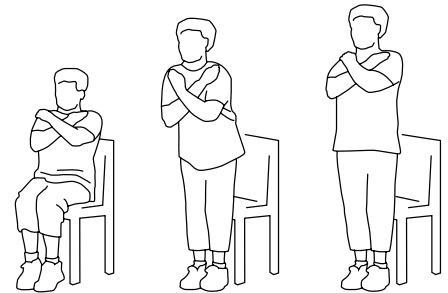
**Equipment:**

- A chair with a straight back without arm rests (seat 17" high)
- A stopwatch



**Instructions to 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 and then sit back down again.
6. Repeat this for 30 seconds.



On **"Go,"** begin timing.

If the patient must use his/her arms to stand, stop the test. Record "0" for the number and score.

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.

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

**Number:** \_\_\_\_\_ **Score** \_\_\_\_\_ **See next page.**

*A below average score indicates a high risk for falls.*

Notes: \_\_\_\_\_

For relevant articles, go to: [www.cdc.gov/injury/STEADI](http://www.cdc.gov/injury/STEADI)



## 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