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)

<table>
<thead>
<tr>
<th>Age</th>
<th>Men: number of stands</th>
<th>Women: number of stands</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 - 64</td>
<td>14 - 19</td>
<td>12 - 17</td>
</tr>
<tr>
<td>65 - 79</td>
<td>12 - 18</td>
<td>11 - 16</td>
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<tr>
<td>70 - 74</td>
<td>12 - 17</td>
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<td>75 - 79</td>
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<tr>
<td>80 - 84</td>
<td>10 - 15</td>
<td>9 - 14</td>
</tr>
<tr>
<td>85 - 89</td>
<td>8 - 14</td>
<td>8 - 13</td>
</tr>
<tr>
<td>90 - 95</td>
<td>7 - 12</td>
<td>4 - 11</td>
</tr>
</tbody>
</table>

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

Population:
- community residing older adults ages 60-94
- n = 7,183 5,048 women, 2,135 men
- years education: 14.5
- chronic conditions: 1.7
- medications: 1.6
- performed moderate exercise ≥3 times/week: 65%

Exclusion criteria:
- advised not to exercise by physician
- CHF, joint pain, chest pain, dizziness, angina during exercise
- BP > 160/100