

## How to do the Chair Stand Test

**Purpose:** To assess 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.
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.

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:** \_\_\_\_\_ **Rating (See chart):** \_\_\_\_\_

A below average rating indicates a high risk for falls.

Notes:

### Chair Stand Scores

Men	Rating		
Age	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

Women	Rating		
Age	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

Reference: Senior Fitness Test Manual  
Rikli, Jones 2001