

Five Times Sit-to-Stand

(5TSTS)

Method: Use a straight back chair with a solid seat that is 16" high. Ask participant to sit on the chair with arms folded across their chest.

Instructions: "Stand up and sit down as quickly as possible 5 times, keeping your arms folded across your chest."

Measurement: Stop timing when the participant stands the 5th time.

Outcomes:

(Lusardi et al., 2017) "Calculation of posttest probability (PoTP) allows a clinician to determine how much risk has shifted from a pretest probability of approximately 30% (the prevalence of fall among community-dwelling older adults).

For those requiring 12 seconds or more to complete the 5 times sit-to-stand test (positive test), the posttest probability (PoTP) = 41%.

For those able to complete this task in less than 12 seconds (negative test), the PoTP = 20%."

(Makizako, 2017) n= 4,335 community dwelling adults, mean age: 72. Assessed baseline and then did a 2-year follow-up. "The optimal cutoff points of the Five-Times Sit-to-Stand Test ... for predicting the development of disability was greater than or equal to 10 seconds." Showed a significantly higher risk of developing disability.

(Guralnik et al., 2000) Inability to rise from a chair five times in less than 13.6 seconds is associated with increased disability and morbidity

(Buatois, et al., 2008) The optimal cutoff time for performing the FTSS test in predicting recurrent fallers was 15 seconds (sensitivity 55%, specificity 65%). 2,735 subjects aged 65 and older in an apparently good state of health were tested.

(Bohannon, 2006) Metaanalysis results "demonstrated that individuals with times for 5 repetitions of this test exceeding the following can be considered to have worse than average performance" (Bohannon, 2006)

60-69 y/o 11.4 sec

70-79 y/o 12.6 sec

80-89 y/o 14.8 sec

References: Lusardi MM, Fritz S, Middleton A, et al. Determining Risk of Falls in Community Dwelling Older Adults: A Systematic Review and Meta-analysis Using Posttest Probability. J Geriatr Phys Ther. 2017;40(1):1-36.

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Guralnik, J. M., L. Ferrucci, et al. "Lower extremity function and subsequent disability: consistency across studies, predictive models, and value of gait speed alone compared with the short physical performance battery." J Gerontol A Biol Sci Med Sci. 2000;55(4): M221-31.

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Bohannon RW. Reference values for the five-repetition sit-to-stand test: a descriptive metaanalysis of data from elders. Percept Mot Skills 2006; 103(1):215-222.

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