



## 5 Time Sit to Stand Test

This test will show you the degree of your fall risk with normal community dwelling type upright activity. The higher your number, the more at risk you are of falling. Good luck and we hope you make the grade.

### **Instructions:**

Sit tall in a chair of your choosing. Using a kitchen chair is better than a recliner. Fold your arms across your chest.

Stand up quickly 5 times in a row.

Have someone time how long it takes until you reach the standing position on the 5<sup>th</sup> time.

Make sure you are not propping the back of your lower leg against the chair.

Mark your score and compare it to the data below:

### **Results:**

Age 60-69: Normal is 11.4 seconds. If your score is higher, your fall risk is elevated.

Age 70-79: Normal is 12.6 seconds. If your score is higher, your fall risk is elevated.

Age 80-89: Normal is 14.8 seconds. If your score is higher, your fall risk is elevated.

**Remember:** The higher your score is, the more likely you are to have a fall soon!! And..if you can't get up from a chair at all without using your hands, that is considered a failed test...let us help you!!