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Online™

# Study of Osteoporotic Fractures (SOF)

## Study Collection Forms

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### Visit 5

#### Physical Performance

Physical Performance

Form Type: Clinic Examination

#### LEGEND:

**Raw form variable** names are located next to the question they represent and do not have a border around the variable name.

**Calculated variable** names are derived from other variables and have a border around the variable name. The calculated variables names are located in close proximity to the questions from which they were derived.

Some of the questions and measurements on these forms are not being released, and therefore no variable name is provided for them.

Do you have any problems from recent surgery, injury or other health conditions that might prevent you from standing up from a chair or walking quickly?

**V5PROB**  yes

no

Before we do each test, I'll describe it to you. Please tell me if you think that you shouldn't attempt the test because of the problems you described.

**Chair Stand** (Stand up 5 times)

- Armuse:**  5 times w/o using arms at all  
**V5CHR**  5 times, uses arms part of time  
 5 times, uses arms all of time

- attempted but unable to complete 5 stands without help  
 did not attempt (refused)  
 attempted, but unable to stand up once without help

**V5STDARM**

Time: **V5CHR**TM \_\_\_\_\_ . \_\_\_\_\_ seconds to complete 5 stands

Was this as fast as you can do it while still feeling safe?

yes  no → If no, repeat test. **V5CHFAST**

Repeat time here if a second trial is required.

Time: **V5CH**TM2 \_\_\_\_\_ . \_\_\_\_\_ seconds to complete 5 stands

**Gait**

Aid used: **V5GAID**

- no aid  straight cane\*  quad cane\*  walker \*  
 crutch\*  did not attempt/refused  attempted but unable

**Home visits only**

Length of walking course

- 2 meter  
 3 meter  
 4 meter  
 5 meter  
 6 meter

Usual Pace

Trial 1  
 Number of steps \_\_\_\_\_  refused  
 Number of seconds \_\_\_\_\_ . \_\_\_\_\_  unable

**V5STPLGT**

Trial 2  
 Number of steps \_\_\_\_\_  refused  
 Number of seconds \_\_\_\_\_ . \_\_\_\_\_  unable

**V5WLKSPD**

Type of surface

- linoleum  
 hardwood  
 short carpet  
 long carpet  
 combination

Rapid Pace

Number of steps \_\_\_\_\_  refused  
 Number of seconds \_\_\_\_\_ . \_\_\_\_\_  unable

**V5RSTPLT**

**V5RWKSPD**

\* Categories with the same symbol have been combined into a single category

**Grip Strength**

Stroke or injury causing weakness? **V5HWK**

No - test both sides     Yes - test both sides

Recent worsening of pain or arthritis? **V5GPAIN**

No - test both sides     Yes - test unaffected side

Right

Left

\_\_\_\_\_ kg  
**V5GRPRAV** kg

\_\_\_\_\_ kg  
**V5GRPLAV** kg

weakened

weakened

refused

refused

unable

unable

**V5GRPAVG**

**V5GRPMAX**

**Step-ups**

**V5STPARM**

Single step-up:

**V5STEPUP**

- w/o using rail
- using handrail
- with assistance of examiner
- attempted but unable
- refused

Single step-down:

**V5STEPDN**

- w/o using rail
- using handrail
- with assistance of examiner
- attempted but unable
- refused

Rapid step ups: *(To be completed only if single step-up done without assistance)*

**V5RAPUP**

Scoring: Record number of step-ups to the nearest half step.

attempted but unable     refused

Was this as fast as you can do it while still feeling safe?

**V5RAPSF**

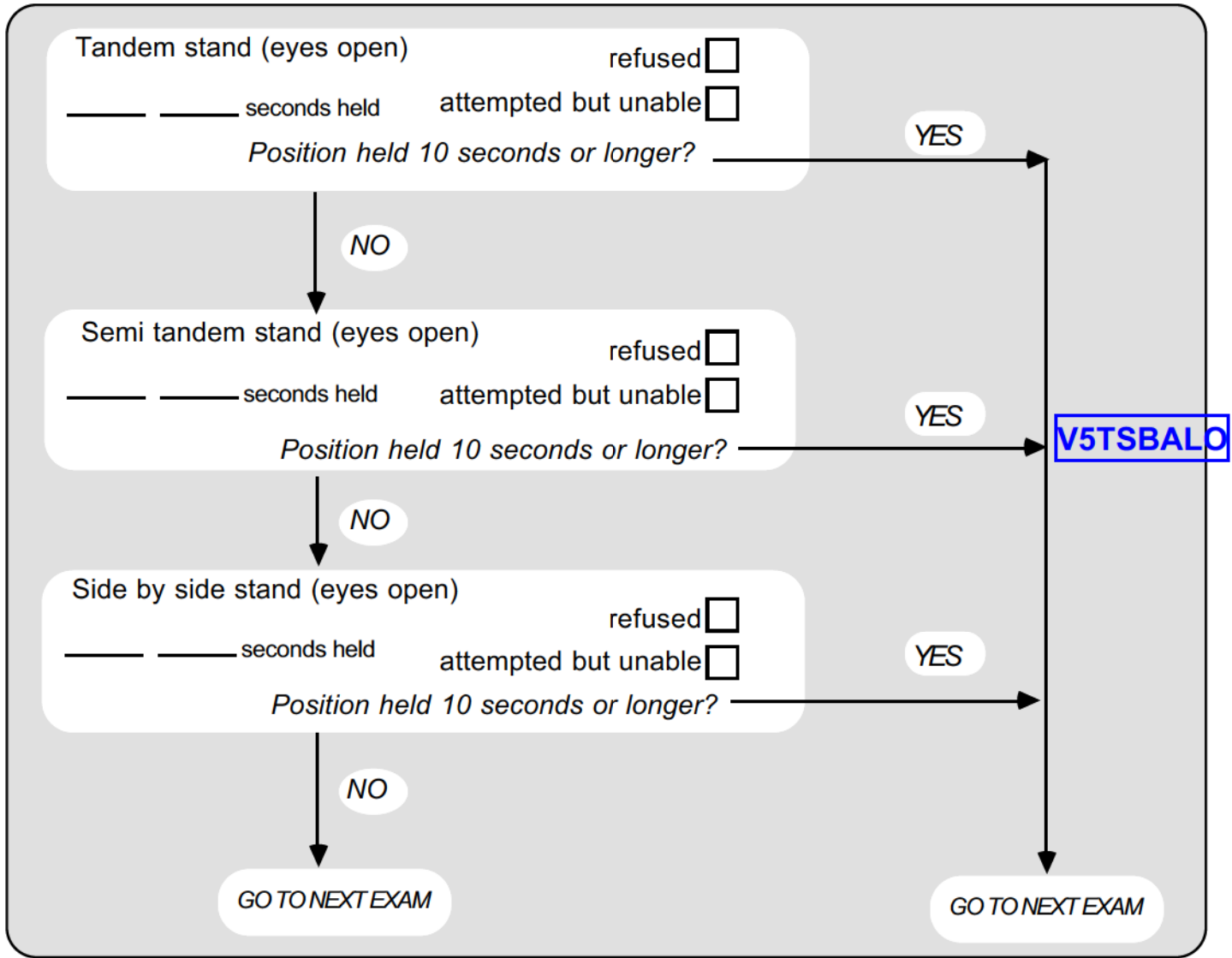
Yes     No  → If no, repeat test.

*Repeat number of step ups here if second trial is required.*

**V5RAPUP2**

Score to nearest half step.

### Tandem Stand





**Hips (supine)**

FLEXION (0°-180°) **V5RHFP** RIGHT

Pain  Yes  No  Unable to measure  Refused

Range of motion           **V5RHFR**           °

**V5LHFP** LEFT

Yes  No  Unable to measure  Refused

          **V5LHFR**           °

ABDUCTION (90°-180°) **V5RHAP**

Pain  Yes  No  Unable to measure  Refused

Range of motion           **V5RHAR**           °

**V5LHAP**

Yes  No  Unable to measure  Refused

          **V5LHAR**           °

**Knees (supine)** RIGHT **V5RKTR**

Tender on palpation?  Yes  No  Unable to measure  Refused

FLEXION (0°-180°) **V5RKFP**

Pain  Yes  No  Unable to measure  Refused

Range of motion           **V5RKFR**           °

LEFT **V5LKTR**

Yes  No  Unable to measure  Refused

**V5LKFP**

Yes  No  Unable to measure  Refused

Range of motion           **V5LKFR**           °

**Hips (sitting)** RIGHT

EXTERNAL ROTATION (0°-90°) **V5RHEP**

Pain  Yes  No  Unable to measure  Refused

Range of motion           **V5RHER**           °

INTERNAL ROTATION (90°-180°)

**V5RIRP**

Pain  Yes  No  Unable to measure  Refused

Range of motion           **V5RIRR**           °

LEFT

**V5LHEP**

Yes  No  Unable to measure  Refused

          **V5LHER**           °

**V5LIRP**

Yes  No  Unable to measure  Refused

Range of motion           **V5LIRR**           °

**Examiner assessment of frailty**

Defining frailty as a combination of the following characteristics - weak, unsteady, and fragile, what is your overall assessment of this participant's level of frailty?

Not at all frail

Somewhat frail

Extremely frail

**V5FRAIL**

**Exam explanations and comments**

If participant did not perform certain sections of this visit 5 exam, please briefly record what the section was and the reason why it wasn't performed. Include equipment problems as well as participant's reasons.

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