



# Chair Stands

Office Use Only									
SOF ID#					Acrostic			Staff ID#	



## INTRODUCTION/SCREENING QUESTIONS

- 1 Ask the participant: **Do you use any walking aids, such as a cane?** **V8AIDS**  
 No aids    Cane or quad cane    Walker, wheelchair, leg brace, crutches
- 2 Does the participant have any of the following? (Mark all that apply)  
 Orthosis    Missing limbs    Prosthesis    Paralysis of extremity or side of body
- 3 Ask the participant: **Do you have any problems from recent surgery, injury or other health conditions that might prevent you from standing straight up from a chair or walking quickly?**

**V8PROB**

- Yes →  
 No

Tell the participant: "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."

## SINGLE CHAIR STAND

- 4 Could the participant stand up one time unassisted?  
 Yes → Go on to Repeated Chair Stand  
 No → Why not?  Unable to stand  Used arms  Did not attempt/refused  
 Do **NOT** perform Repeat Chair Stands. Go on to Six Meter Usual Pace

## REPEAT CHAIR STANDS

- 5 Did the participant complete all 5 stands?  
 Yes  
 No
- Time to complete stands?    .  **seconds**

Record arm use:  Did not use arms  
 Used arms part of the time    Used arms all of the time

How many chair stands were completed?  **stands**

Why weren't chair stands completed?  
 Attempted, but unable to stand once without help  
 Completed at least 1 stand, but unable to complete 5 without help  
 Did not attempt/refused

- 6 Ask the participant: **Was this as fast as you can do it while still feeling safe?**  
 Yes  
 No
- REPEAT THE TEST:** Did the participant complete all 5 stands?  
 Yes  
 No

Time to complete stands?    .  **seconds**

Record arm use:  Did not use arms  
 Used arms part of the time    Used arms all of the time

How many chair stands were completed?  **stands**

Why weren't chair stands completed?  
 Attempted, but unable to stand once without help  
 Completed at least 1 stand, but unable to complete 5 without help  
 Did not attempt/refused

