

## AOT Orthogeriatrics Program—clinical practice tools

# Chair-stand test

1. Find a solid, stable straight back chair, preferably without arms.
2. Instruct the patient to sit in the chair, fold the arms across his/her chest, and place feet flat on the ground.
3. Perform one practice stand (see point 4) without timing to assess safety.
4. Ask the patient to rise from the chair to a standing position 5 times without using their hands.
5. Count out loud each time the patient comes to a complete stand.
6. Begin timing as the patient starts to rise the first time and end when the patient is standing for the fifth time.

If you are concerned about patient safety, eg, the patient is unable to rise from a chair or does not understand the directions, or if a suitable chair is unavailable, do not perform the test.



### Percentiles and times to complete 5 chair stands

	Men		Women	
	71-79	80+	71-79	80+
Unable to complete	13.3%	27.6%	16.4%	35.2%
Times (seconds)				
1 <sup>st</sup> percentile	26.6	31.9	29.1	35.6
25 <sup>th</sup> percentile	15.0	17.3	16.6	18.7
50 <sup>th</sup> percentile	12.6	14.0	13.7	15.0
75 <sup>th</sup> percentile	10.6	11.5	11.1	12.3
99 <sup>th</sup> percentile	6.5	7.2	6.8	7.2

*Adapted from Gurlanik, JM, et al. J Gerontology: Med Sci 1994;49:M85-M94*