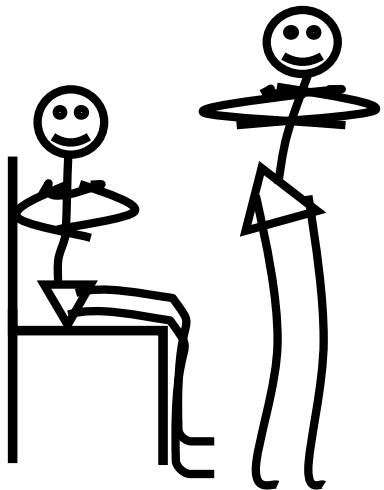


Five Times Sit to Stand (5xSST):



Equipment

- Standard height chair (no arms)
- Stop watch or watch with a second hand

Starting Position: The patient is sitting in a standard height chair 17-18 inches (43-47cm) with their back against the chair, arms are in a crossed position on chest for entire test, and feet are placed at a comfortable width apart for the patient.

Standing Instructions

- "Stand up and sit down 5 times as quickly and safely as you can, when I say "GO".
- Request the patient stand up completely between repetitions.
- Timing starts at "GO" and ends when the patient completes the 5th repetition in standing position.

References:

Whitney, Susan L., Wrisley, Diane M., Marchetti, Gregory F., Gee, Michael A., Redfern, Mark S., Furman, Joseph M. Clinical Measurement of Sit-to-Stand Performance in People with Balance Disorders: Validity of Data for the Five-Times-Sit-to-Stand Test. Physical Therapy Journal, 2005; 85: 1034-1045.



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