

Chair Stand Test (CS)

The “Chair Stand” test measures the total number of sit-to-stands that can be completed by an individual in 30 seconds. The objective is to stand up fully from a standard arm chair (approximate seat height of 46 cm), return the buttocks to the chair, and repeat for as many times possible in 30 seconds.

Setting up the test area:

- Determine a path free from obstruction.
- Place a standard folding chair at one end of the path.
- Ensure that the chair is supported from behind and will not tip over.

Start the test:

- Speak clearly and slowly.
 - Inform participant of test sequence and outcome: “When I say go, you will fully stand up from the chair and sit back down making sure that the buttocks contact the chair on each repetition. Perform as many repetitions as possible and continue until I say “Stop”. You may take a break during the test if you need to, but please perform as many repetitions as possible. I will be timing you using a stopwatch.” Ask participants to repeat the instructions to make sure they understand.
- Participant starts with their back against the chair with their hands crossed over their chest. The hands must stay in this position the entire test.
- Use a cue like “Ready, Set, Go!”
- Provide encouragement throughout the test, but do not give time indicators.
- Use a stop-watch to time the performance and count the number of completed trials in 30 seconds. Record the number of COMPLETED repetitions on the data sheet. If participant is performing incorrectly, stop the test, explain the correction, and begin again.

Scoring:

Trial 1: _____ repetitions