

**Modified SHORT PHYSICAL PERFORMANCE BATTERY PROTOCOL AND SCORE SHEET**

All of the tests should be performed in the same order as they are presented in this protocol. Instructions to the participants are shown in ***bold italic*** and should be given exactly as they are written in this script.

**1. CHAIR STAND TEST**

**Repeated Chair Stands**

1. ***Do you think it would be safe for you to try to stand up from a chair five times without using your arms?***
2. [Demonstrate and explain the procedure according to the following script]  
***Please stand up straight as QUICKLY as you can five times, without stopping in between. After standing up each time, sit down and then stand up again. Keep your arms folded across your chest. I'll be timing you with a stopwatch.***
3. [When the participant is properly seated, say]: ***“Ready? Stand”*** and begin timing as you say Stand..
4. [Count out loud as the participant arises each time, up to five times.]
5. [Stop if participant becomes tired or short of breath during repeated chair stands.]
6. [Stop the stopwatch when he/she has straightened up completely for the fifth time.]
7. [Also stop:
  - If participant uses his/her arms
  - After 30 seconds, if participant has not completed the 5 stands
  - At your discretion, if concerned for participant’s safety]
8. If the participant stops and appears to be fatigued before completing the five stands, confirm this by asking ***“Can you continue?”***
9. If participant says “Yes,” continue timing. If participant says “No,” stop and reset the stopwatch.

**SCORING**

**Repeated Chair Stand Test**

	YES	NO
A. Safe to stand five times	<input type="checkbox"/>	<input type="checkbox"/>

B. If five stands done successfully, record time in seconds.

Time to complete five stands (sec): \_\_\_\_\_ . \_\_\_\_\_ sec

C. If participant did not attempt test or failed, circle why:

Tried but unable	1
Participant could not hold position unassisted	2
Not attempted, you (tester) felt unsafe	3
Not attempted, participant felt unsafe	4
Participant unable to understand instructions	5
Other (specify) _____	6
Participant refused	7

### Scoring: Repeated Chair Test

- Participant unable to complete 5 chair stands or completes stands in >30 sec:  0 points  
If chair stand time is 16.70 sec or more:  1 point  
If chair stand time is 13.70 to 16.69 sec:  2 points  
If chair stand time is 11.20 to 13.69 sec:  3 points  
If chair stand time is 11.19 sec or less:  4 points

After completing the repeated chair stand test ask the participant to remain standing for the balance tests. If the participant declined to try the test, was unable to complete the test, or became fatigued and wished to stop the test, assist the participant to a standing position.

## 2. BALANCE TESTS

The participant must be able to stand unassisted without the use of a cane or walker. You may help the participant to get up.

***Now let's begin the evaluation.***

***I would now like you to try to move your body in different movements.***

***I will first describe and show each movement to you. Then I'd like you to try to do it.***

***If you cannot do a particular movement, or if you feel it would be unsafe to try to do it, tell me and we'll move on to the next one.***

***Let me emphasize that I do not want you to try to do any exercise that you feel might be unsafe.***

***Do you have any questions before we begin?***

### A. Side-by-Side Stand

- 1. Now I will show you the first movement.*** [DEMONSTRATE HERE]
- 2. I want you to try to stand with your feet together, side-by-side, for about 10 seconds.***
- 3. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet.***
- 4. Try to hold this position until I tell you to stop.***

[Stand next to the participant to help him/her into the side-by-side position.]

[Supply just enough support to the participant's arm to prevent loss of balance.]

[When the participant has his/her feet together, ask]

***5. "Are you ready?"*** [Then let go and begin timing as you say]

***6. "Ready, begin."***

[Stop the stopwatch and say "***Stop***" after 10 seconds or when the participant steps out of position or grabs your arm. If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.]

**SCORING – SIDE-BY-SIDE STAND**

- Held for 10 sec  1 point
- Not held for 10 sec  0 points
- Not attempted  0 points (circle reason)

**If 0 points, end Balance Tests**

Number of seconds held if  
less than 10 sec: \_\_\_\_ . \_\_\_\_ sec

If participant did not attempt test or failed, circle why:	
Tried but unable	1
Participant could not hold position unassisted	2
Not attempted, you (tester) felt unsafe	3
Not attempted, participant felt unsafe	4
Participant unable to understand instructions	5
Other (specify) _____	6
Participant refused	7

**B. Semi-Tandem Stand**

1. ***Now I will show you the second movement.*** [DEMONSTRATE HERE and read the following script]
2. ***Now I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.***
3. ***You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.***

[Stand next to the participant to help him/her into the side-by-side position.]

[Supply just enough support to the participant’s arm to prevent loss of balance.]

[When the participant has his/her feet together, ask] ***“Are you ready?”***

[Then let go and begin timing as you say] ***“Ready, begin.”***

[Stop the stopwatch and say ***“Stop”*** after 10 seconds or when the participant steps out of position or grabs your arm. If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.]

**SCORING – Semi-Tandem STAND**

- Held for 10 sec  1 point
- Not held for 10 sec  0 points
- Not attempted  0 points (circle reason)

**If 0 points, end Balance Tests**

Number of seconds held if  
less than 10 sec: \_\_\_\_ . \_\_\_\_ sec

If participant did not attempt test or failed, circle why:	
Tried but unable	1
Participant could not hold position unassisted	2
Not attempted, you (tester) felt unsafe	3
Not attempted, participant felt unsafe	4
Participant unable to understand instructions	5
Other (specify) _____	6
Participant refused	7

**C. Tandem Stand**

1. ***Now I will show you the third movement.*** [DEMONSTRATE HERE]
2. ***Now I want you to try to stand with the heel of one foot in front of and touching the toes of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.***

**3. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.**

[Stand next to the participant to help him/her into the side-by-side position.]

[Supply just enough support to the participant’s arm to prevent loss of balance.]

[When the participant has his/her feet together, ask] **“Are you ready?”**

[Then let go and begin timing as you say] **“Ready, begin.”**

[Stop the stopwatch and say “Stop” after 10 seconds or when the participant steps out of position or grabs your arm.]

**SCORING –Tandem Stand**

- Held for 10 sec  2 points
- Not held for 3 to 9.99 sec  1 point
- Held for less than 3 sec  0 points
- Not attempted  0 points (circle reason)

Number of seconds held if less than 10 sec: \_\_\_\_ . \_\_\_\_ sec

If participant did not attempt test or failed, circle why:	
Tried but unable	1
Participant could not hold position unassisted	2
Not attempted, you (tester) felt unsafe	3
Not attempted, participant felt unsafe	4
Participant unable to understand instructions	5
Other (specify) _____	6
Participant refused	7

**TOTAL BALANCE SCORE:**

**Side-by-side: \_\_\_\_\_ points    Semi-Tandem: \_\_\_\_\_ points    Tandem: \_\_\_\_\_**

**TOTAL (SUM OF ALL THREE BALANCE TESTS: \_\_\_\_\_ POINTS**

**3. GAIT SPEED TEST**

**Note: the walking course should be 3 meters (9 feet 10 inches) in length, unobstructed, with enough room at the end for the participant to maintain the walking pace beyond the finish line without running into something. At least 3 feet is recommended. The course should be clearly marked with colored tape, duct tape, or the equivalent.**

**Now I am going to observe how you normally walk. If you use a cane or other walking aid and you feel you need it to walk a short distance, then you may use it.**

[Remember that this test requires participants to walk at their “NORMAL” WALKING SPEED]

**A. Single Gait Speed Test**

**1. This is our walking course. I want you to walk to the other end of the course at your usual speed, just as if you were walking down the street to go to the store.**

[Demonstrate the walk for the participant: Tip – be sure to look at the participant when speaking and remind subject to walk PAST the tape line at the other end of the course.]

**2. Walk all the way past the other end of the tape before you stop. I will walk with you. Do you feel this would be safe?**

[Have the participant stand with both feet touching the starting line.]

3. **When I want you to start, I will say:** "Ready, begin."

[When the participant acknowledges this instruction say: **"Ready, begin."**

[Press the start/stop button to start the stopwatch as the participant begins walking.

[Walk behind and to the side of the participant.]

[Stop timing when one of the participant's feet is completely across the end line.

4. **Time for the Gait Speed Test (sec):** \_\_\_\_ \_\_\_\_ . \_\_\_\_ \_\_\_\_ sec

Aides used during the walk test:	
None	<input type="checkbox"/>
Cane	<input type="checkbox"/>
Walker	<input type="checkbox"/>
Other	<input type="checkbox"/> ( _____ )

If participant did not attempt test or failed, circle why:	
Tried but unable	1
Participant could not hold position unassisted	2
Not attempted, you (tester) felt unsafe	3
Not attempted, participant felt unsafe	4
Participant unable to understand instructions	5
Other (specify) _____	6
Participant refused	7

Comments on gait speed test:

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**GAIT SPEED TEST SCORING:**

What is the time for the walk? \_\_\_\_ \_\_\_\_ . \_\_\_\_ \_\_\_\_ seconds

If the participant was unable to do the walk: give 0 points

SCORES BASED ON TIME For 3-meter walk	
If time is < 3.62 sec:	<input type="checkbox"/> <b>4 points</b>
If time is 3.62 – 3.62 sec:	<input type="checkbox"/> <b>3 points</b>
If time is 4.66 – 6.52 sec:	<input type="checkbox"/> <b>2 points</b>
If time is > 6.52 sec:	<input type="checkbox"/> <b>1 point</b>

**Scoring for Complete Modified Short Physical Performance Battery**

Test Scores

Chair Stand Test score \_\_\_\_ points (Page 2)

Total Balance Test score \_\_\_\_ points (Page 4)

Gait Speed Test score \_\_\_\_ points (Page 5)

**Total Score** \_\_\_\_ **points (sum of points above)**