

Sit To Stand Test

Subject ID _____

Sit to Stand test:

From a sitting position, stand and then sit as many times as possible in 30 seconds.

Note: If blood pressure is greater than 170/100, then contact the physician investigator before performing the Sit to Stand Test. Other contraindications would be patients at high fall risk, specifically amputees without prosthesis, individuals who need an assistive device for ambulation, subjects with a short term lower extremity impairment and patients who have had previous stroke with significant residual deficits in balance or proprioception.

Coordinator's initials _____

(aaa)

Has the Safety Assessment form been completed for this subject?

- Yes
 No

If no, STOP. Do not complete this form until this has been done.

Did the subject attempt the Sit to Stand Test?

- Yes
 No, safety concern noted on Safety form
 No, non-ambulatory
 No, subject refused, no safety concern

If no, stop.

Number of times in 30 seconds _____

(n)

Hand Grip Strength Test (requires IRB approval for protocol version 9.1)

Subject will squeeze as hard as possible for 10 seconds. Conduct three tests resting 60 seconds between tests.

Coordinator Instructions: "I want you to hold the handle like this and when you are ready squeeze as hard as you can".

The examiner demonstrates and then gives the dynamometer to the subject.

After the subject is positioned appropriately, the examiner says, "Are you ready? Squeeze as hard as you can".

As the subject begins to squeeze, the examiner says, 'Harder!... Harder!... Relax'

Did the subject perform the hand grip strength measurement? (Note: Please confirm IRB approval prior to conducting assessment)

- Yes
 No

If No, please provide a reason

- IRB approval not in place
- Subject Refused
- Unable

If No, please provide explanation

Dominant hand

- Left
- Right
- Both Equally

Hand Tested

- Left
- Right

Grip strength: Trial 1 (in kilograms)

(kg)

Grip strength: Trial 2 (in kilograms)

(kg)

Grip strength: Trial 3 (in kilograms)

(kg)