

# Sit To Stand Test

## 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

What type of mask was worn during the sit-to-stand test?

- No mask  
 cloth  
 surgical  
 N-95

Number of times in 30 seconds

\_\_\_\_\_ (n)

## Hand Grip Strength Test

**Subject will squeeze as hard as possible for 3 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?

- Yes  
 No

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If No, please provide a reason

- IRB approval not in place
- Subject Refused
- Unable

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If No, please provide explanation

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Dominant hand

- Left
- Right
- Both Equally

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Hand Tested

- Left
- Right

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Grip strength: Trial 1 (in kilograms)

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(kg)

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Grip strength: Trial 2 (in kilograms)

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(kg)

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Grip strength: Trial 3 (in kilograms)

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(kg)