



# PHYSICAL FUNCTION TESTS



ID NUMBER:

FORM CODE:

DATE: 10/05/2023  
Version 6.0

## ADMINISTRATIVE INFORMATION

0a. Completion Date: / /   
Month Day Year

0b. Staff ID:

0c. Type of visit: .....   
Full..... F  
Abbreviated Clinic..... A  
Home Visit..... H

## A. CHAIR STANDS

### Single Chair Stand

**“This is a test of strength and stability in your legs in which you stand up from a chair without using your arms. Fold your arms across your chest, like this, and stand when I say GO, keeping your arms in this position. Any questions? Ready, Go!”**

1. Single chair stand result:

- Participant refused or technical problems <sub>1</sub> → **Go to item 3**
- Not attempted <sub>2</sub>
- Attempted, unable to stand <sub>3</sub> → **Go to item 3**
- Rises using arms <sub>4</sub> → **Go to item 3**
- Stands without using arms <sub>5</sub> → **Go to item 2**

1a. Reason chair stand not attempted:

- Participant unable due to weakness or balance <sub>1</sub> → **Go to item 3**
- Safety concerns <sub>2</sub> → **Go to item 3**
- Other problem (see QxQ for examples of other problems) ..... <sub>3</sub>

1b. Describe other problem: \_\_\_\_\_ → **Go to item 3**

### Repeated Chair Stands

**“This time I want you to stand up five times as quickly as you can, keeping your arms folded across your chest.”** With the next instruction, cross your arms over your chest and then rise while emphasizing “full standing position,” and sit while emphasizing “all the way down: **“When you stand up, come to a full standing position each time, and when you sit down, sit all the way down each time. I will demonstrate two chair stands to show you how it is done.”** Do two chair stands quickly; count as you stand each time. Then begin the test. **“When I say GO stand five times in a row, as quickly as you can, without stopping. Stand up all the way and sit all the way down each time. Ready, Go!”** Start timing with “Go” and stop with the last stand or maximum of 1 minute.

2. Repeated chair stand result:

- Participant refused or technical problems <sub>1</sub> → **Go to item 3**
- Not attempted <sub>2</sub> → **Go to item 2c**
- Attempted, unable to complete 5 stands <sub>3</sub> → 2a. Number completed: 0  1  2  3  4
- Completes 5 stands <sub>4</sub> → 2b. Enter time for 5 stands: .

- 2c. Reason repeated chair stands not attempted:  
 Participant unable due to weakness or balance <sub>1</sub> → **Go to item 3**  
 Safety concerns <sub>2</sub> → **Go to item 3**  
 Other problem (see QxQ for examples of other problems) ..... <sub>3</sub>

2d. Describe other problem: \_\_\_\_\_ → **Go to item 3**

**B. STANDING BALANCE**

“I’m going to ask you to stand in several different positions that test your balance. I’ll demonstrate each position and then ask you to try to stand in each position for 10 seconds. I’ll stand next to you to provide support if you lose your balance. Do you have any questions?” For the balance tests, begin timing when (s)he lets go of your arm. Stop timing if (s)he takes a step, touches something for support, or reaches 10 seconds.

**Semi Tandem Stand**

“First, I would like you to try to stand with the side of the heel of one foot touching the big toe of the other foot for 10 seconds. Please watch while I demonstrate. You may put either foot in front. You can use your arms, bend your knees or move your body to maintain your balance. Try to hold your feet in position until I say stop. If you lose your balance, take a step like this. Hold onto my arm while you get in position.” Allow the participant to hold onto your arm to get balanced. “When you are ready, let go.”

3. Semi tandem stand result:  
 Participant refused or technical problems <sub>1</sub> → **Go to item 4**  
 Not attempted <sub>2</sub> → **Go to item 3b**  
 Unable to attain position or hold for one second <sub>3</sub> → **Go to item 4**

Holds position ≥1 but less than 10 seconds <sub>4</sub> → 3a. Time for holding position: . → **Go to item 4**

Seconds Hundredths

Holds position for 10 seconds <sub>5</sub> → **Go to item 5**

- 3b. Reason semi tandem stand not attempted:  
 Participant unable due to balance problem <sub>1</sub> → **Go to item 4**  
 Safety concerns <sub>2</sub> → **Go to item 4**  
 Other problem (see QxQ for examples of other problems) ..... <sub>3</sub>

3c. Describe other problem: \_\_\_\_\_ → **Go to item 4**

**Side-by-side Stand (only if could not do Semi-Tandem for 10 seconds)**

“Now, I would like you to try to stand with your feet together, side-by-side, for 10 seconds. You can 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. Hold on to my arm while you get in position. When you are ready, let go.”

4. Side-by-side stand result:  
 Participant refused or technical problems <sub>1</sub> → **Go to item 7**  
 Not attempted <sub>2</sub> → **Go to item 4b**  
 Unable to attain position or hold for one second <sub>3</sub> → **Go to item 7**

Holds for ≥1 but less than 10 seconds <sub>4</sub> → 4a. Time for holding position: . → **Go to item 7**

Seconds Hundredths

Holds for 10 seconds <sub>5</sub> → **Go to item 7**

4b. Reason side-by-side stand not attempted:

- Participant unable due to balance problem <sub>1</sub> → **Go to item 7**
- Safety concerns <sub>2</sub> → **Go to item 7**
- Other problem (see QxQ for examples of other problems) ..... <sub>3</sub>

4c. Describe other problem: \_\_\_\_\_ → **Go to item 7**

**Tandem Stand**

**“Now I would like you to try to stand with the heel of one foot in front of and touching the toes of the other foot for 10 seconds. Please watch while I demonstrate. You may put either foot in front. You can use your arms, bend your knees or move your body to maintain your balance. Try to hold your feet in position until I say stop. If you lose your balance, take a step like this. Hold onto my arm while you get in position. When you are ready, let go.”**

**Trial 1**

5. Tandem stand result – trial 1:

- Participant refused or technical problems <sub>1</sub> → **Go to item 7**
- Not attempted <sub>2</sub> → **Go to item 5b**
- Unable to attain position or hold for one second <sub>3</sub> → **Go to item 7**

Holds position  $\geq 1$  but less than 10 seconds <sub>4</sub> → 5a. Time for holding position: .  
Seconds Hundredths

Holds position for 10 seconds <sub>5</sub> → **Go to item 7**

5b. Reason tandem stand not attempted:

- Participant unable due to balance problem <sub>1</sub> → **Go to item 7**
- Safety concerns <sub>2</sub> → **Go to item 7**
- Other problem (see QxQ for examples of other problems) ..... <sub>3</sub>

5c. Describe other problem: \_\_\_\_\_ → **Go to item 7**

**Trial 2, “Let’s try this one more time.”**

6. Tandem stand result – trial 2:

- Participant refused or technical problems <sub>1</sub> → **Go to item 7**
- Not attempted <sub>2</sub> → **Go to item 6b**
- Unable to attain position or hold for one second <sub>3</sub> → **Go to item 7**

Holds position  $\geq 1$  but less than 10 seconds <sub>4</sub> → 6a. Time for holding position: .  
Seconds Hundredths

Holds position for 10 seconds <sub>5</sub> → **Go to item 7**

6b. Reason tandem stand trial 2 not attempted:

- Participant unable due to balance problem <sub>1</sub> → **Go to item 7**
- Safety concerns <sub>2</sub> → **Go to item 7**
- Other problem (see QxQ for examples of other problems) ..... <sub>3</sub>

6c. Describe other problem: \_\_\_\_\_ → **Go to item 7**

**C. 4 METER WALK**

Ask participants who arrive with walking aids if they think they can do this short walk without the device. **“I’m going to ask you to do a short walk over this 4 meter course two times. You will walk at your normal or usual pace for both trials. I will demonstrate. Place your feet with your toes behind, but just touching the starting line, like this. Walk a few steps past the finish line.”** Walk to the other end of the course at your usual pace, making certain you walk past the finish line before slowing or stopping. Start timing with participant’s first movement, and stop timing when the first foot completely crosses an imaginary plane extending vertically up from the finish line/tape.

**Normal Pace Walk**

**“Do you have any questions? When I say “Go”, please walk at your normal pace. Remember to walk a few steps past the finish line. Ready? Go.”**

**Trial 1**

7. 4 meter walk result – trial 1

- Participant refused or technical problems <sub>1</sub> → **Go to item 9**
- Not attempted <sub>2</sub> → **Go to item 7c**
- Completes with walking aid <sub>3</sub> → 7a.   .   → **Go to item 9**  
Seconds Hundredths
- Completes without walking aid <sub>4</sub> → 7b.   .   → **Go to item 9**  
Seconds Hundredth

7c. Reason normal pace walk not attempted:

- Participant unable to walk short distance <sub>1</sub> → **Go to item 9**
- Safety concerns <sub>2</sub> → **Go to item 9**
- Other problem (see QxQ for examples of other problems) ..... <sub>3</sub>

7d. Describe other problem: \_\_\_\_\_ → **Go to item 9**

**Trial 2**

8. 4 meter walk – trial 2:

- Participant refused or technical problems <sub>1</sub> → **Go to item 9**
- Not attempted <sub>2</sub> → **Go to item 8c**
- Completes with walking aid <sub>3</sub> → 8a.   .   → **Go to item 9**  
Seconds Hundredths
- Completes without walking aid <sub>4</sub> → 8b.   .   → **Go to item 9**  
Seconds Hundredths

8c. Reason normal pace walk trial 2 not attempted:

- Participant unable to walk short distance..... <sub>1</sub> → **Go to item 9**
- Safety concerns ..... <sub>2</sub> → **Go to item 9**
- Other problem (see QxQ for examples of other problems) ..... <sub>3</sub>

8d. Describe other problem: \_\_\_\_\_ → **Go to item 9**

**D. GRIP STRENGTH**

**“The next test I’ll ask you to do is the grip strength test. This device is used to measure the strength in your hand. Before starting, I will ask you a few questions to make sure it is safe for you to do this test.”**

9. Do you have any pain or arthritis in either hand or wrist?

- Yes ..... <sub>Y</sub>
- No ..... <sub>N</sub> → **Go to item 10**

a. In which hand or wrist is the pain or arthritis?

- Right ..... <sub>R</sub>
- Left ..... <sub>L</sub>
- Both ..... <sub>B</sub>

b. Has the pain or arthritis in your hand(s) or wrist(s) gotten worse recently?

- Yes ..... <sub>Y</sub>
- No..... <sub>N</sub>

c. Will the pain or arthritis in your hand(s) or wrist(s) keep you from squeezing as hard as you can?

- Yes ..... <sub>Y</sub>
- No..... <sub>N</sub>

10. Have you had any surgery on either hand or wrist in the past 3 months?

- Yes ..... <sub>Y</sub>

No ..... <sub>N</sub> → Go to Test

a. Was the surgery on your right, left or both hands or wrists?

Right ..... <sub>R</sub> → Test left side only

Left ..... <sub>L</sub> → Test right side only

Both ..... <sub>B</sub> → Do not test

**“Which hand is your preferred or best hand to test for maximum strength?”** This response determines which hand is tested unless this side was excluded in the previous screening questions. Record response. **“Please extend that arm in front of your body and rest it on the table with your arm straight and wrist on the mouse pad.”** Demonstrate proper positioning of the dynamometer then place wrist strap around the participant’s wrist and position participant. (S)he should be seated facing a table at shoulder level with arm extended in front of participant approximately 90° and resting on the table with the elbow held straight (180°). The dynamometer must be perpendicular to the table and hanging off the table edge during testing. Adjust the grip until correct position attained. Allow one submaximal practice trial to determine if the participant understands the procedure and that the grip size is appropriate. **“Are the bars the right distance apart for a comfortable grip? Now try it once just to get the feel of it. For this practice, just squeeze gently. It won't feel like the bars are moving, but your strength will be recorded.”** Show dial to participant then reset to zero. **“You’ll do this two times. When I say “squeeze”, squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, stop.”**

11a. Hand used: <sub>R</sub> Right <sub>L</sub> Left

11b. Trial 1   kg Allow 15 to 20 sec rest in between trials

Reset to zero. **“Now, one more time. Squeeze as hard as you can. Ready. Squeeze! Squeeze! Squeeze! Now, stop.”**

11c. Trial 2   kg

11d. Completion Status:

Did 1 trial ..... <sub>A</sub>

Did 2 trials ..... <sub>B</sub>

Excluded ..... <sub>C</sub>

Unable to do..... <sub>D</sub>