

The Sit–Stand Test



Directions: Stand in comfortable clothes with bare feet, in a clear area.

Step 1: Without leaning on anything, lower yourself to a sitting position on the floor (5 points).

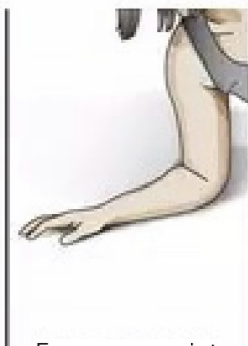
Step 2: Now try to stand back up without using your hands, forearms, knees or side of your legs (5 points).



Hand: 1 point



Knee: 1 point



Forearm: 1 point



One hand on knee or thigh: 1 point



Side of leg: 1 point

Loss of Balance: ½ point

Scoring: The 2 basic movements in the sitting-rising test--lowering to the floor and standing back up--are each scored on a 1--5 scale, with 1 point subtracted each time a hand or knee is used for support, and ½ point subtracted for loss of balance. The final score is on a 0 to 10 scale.

GOOD 8 - 10

FAIR 3.5 - 7.5

POOR 0 - 3

Sit to Rising Test video (2:20): <https://www.youtube.com/watch?v=IzYftUVNDbw>

image from: uprightmovement.com/wp-content/uploads/2015/02/Sit-Rising-Test.png