

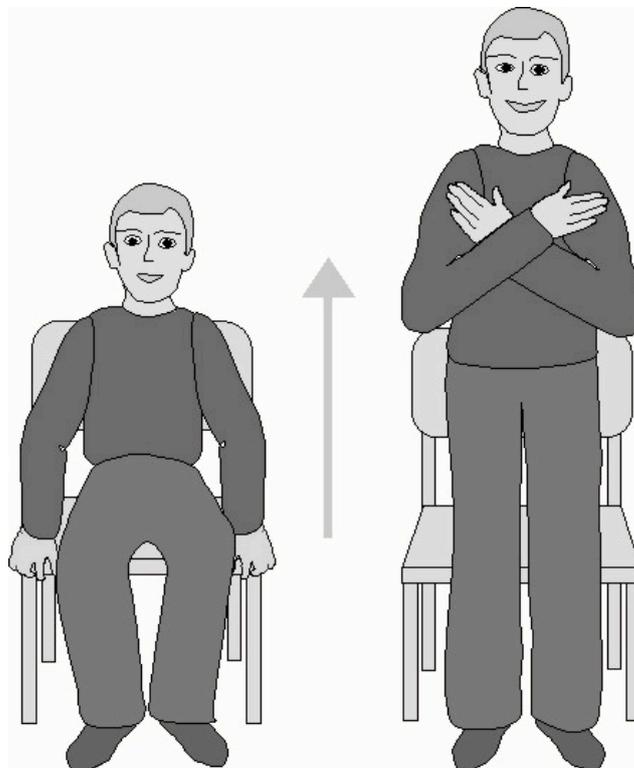
30 Second Chair Rise

Equipment: Stopwatch and stable chair with no arms. *Ensure you always use the same chair or same height chair if you repeat the test.*

Setup: Place the chair against a wall to keep the chair from moving backwards during the test. Have the participant sit in the middle of the chair with back straight, feet flat on the floor and **arms crossed at the wrists and held against the chest.** *(If the participant has to use their arms then document this but allow them to still do the test)*

Protocol: On your signal of “go” the participant rises to a full stand, then returns to a fully seated position. He or she repeats this movement **as many times as possible** within 30 seconds. *If they just ‘touch’ the chair and immediately stand up again, ask them to actually sit (or it’s cheating).* Ensure they breathe evenly throughout and if there is significant ‘pain’ in their knees, ask if they want to continue or stop.

Scoring: Count the **number of stands in 30 seconds.** *Document if they had to use their arms.*



Chair Sit & Reach

Equipment: Stable chair with no arms and hard long wooden ruler.

Setup: Put the chair against a wall.

Protocol: Have the participant sit on the edge of the chair, keeping one foot flat on the floor and the other leg extended (straight as possible) with the foot flexed (toe pointing up). The participant **slowly reaches forward**, bending at the hips. If they are stable, they then slide the hands (one on top of the other with the tips of the middle fingers even) down the extended leg in an attempt to touch the toes or reach beyond them. *If unstable, or have a very curved back, they should stabilise themselves by leaning one hand on the bent knee and extending the other hand down the extended leg.*

If the extended knee starts to bend, the participant should slowly sit back until the knee is straight before you score him or her. Ensure they keep their head and eyes looking forward and keep their back straight (do not allow it to round).

Scoring: After giving the participant a warm-up practice, do the test twice and record the better score. Measure **the distance from the tips of the middle finger to the top of the toe** to the nearest cm. If the reach is short of the toes, record the distance as a minus (-) score; if the middle fingers touch the toes, record a score of "0"; and if the reach is past the toes, record the distance as a plus (+) score



Back Scratch

Equipment: Hard long wooden ruler.

Setup: In a standing position (or seated if participant is frailer).

Protocol: Keeping the back as straight as possible, the participant reaches one hand over the shoulder and down the back (elbow up, palm down) and reaches for the other hand (palm facing up) behind the back and up as far as possible **in an attempt to touch** or overlap the middle fingers of each hand. They can choose which arm is best/most comfortable to reach up and over or around the back as this will depend on any pain, stiffness unique to them.

Scoring: After giving the participant a warm-up practice, do the test twice and record the better test score to the nearest centimeter. Measure **the distance of overlap or distance between the tips of the middle fingers**. Give a minus (-) score if the middle fingers are separate, a "0" score if the middle fingers touch and a plus (+) score if the middle fingers overlap.



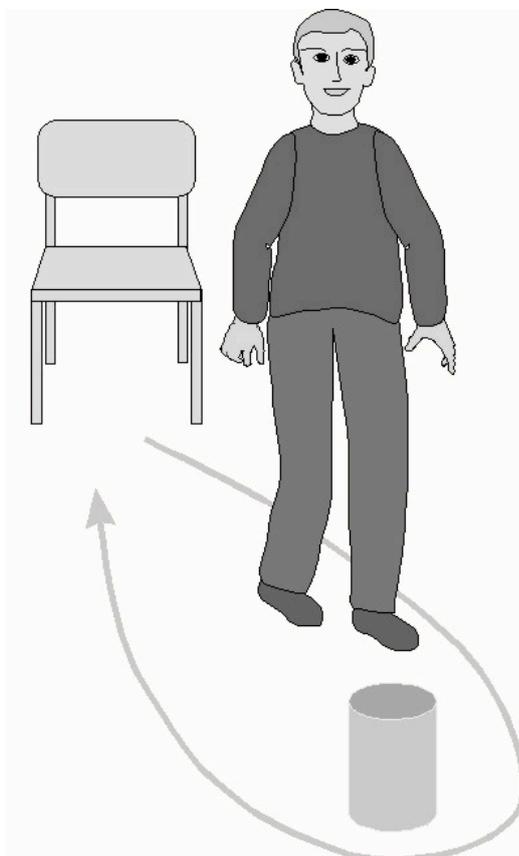
8 Foot Timed Up & Go

Equipment: Stopwatch, stable chair with no arms, tape measure and bollard/traffic cone.

Setup: Place the chair against a wall in a clear, unobstructed area, facing a cone marker exactly 2.4m (8ft) (*measured from the base of the cone furthest from the chair, to a point on the floor level with the front edge of the chair*).

Protocol: Sitting in the middle of the chair with feet flat on the floor and the hands on the thighs, on your signal “go”, the participant stands up and **walks (but does not run) as quickly as possible** around the cone, then walks back and sits down. *They should try to rise from the chair without using their arms, but if they do need to use their arms, document this.*

Scoring: After giving the participant a warm-up practice, do the test twice and record the better test score. **Record the time** from their bottom leaving the chair to the time they sit down again, to the nearest half a second. *Document if they had to use their arms or used a walking aid.*



One Leg Balance

Equipment: Stopwatch and at least 2 stable chairs for support if needed.

Setup: Place the two chairs on either side of participant so they can hold on if they lose their balance.

Protocol: This test is performed in a standing position with the participants' arms by their sides. Timing is started when the participant raises one foot off the floor. Timing is stopped if the person has to brace the suspended leg against the stance leg, if they lose balance, if they reach out to support themselves, touch the suspended leg to the floor or reach the maximum time for the test (45 seconds).

Scoring: After giving the participant a warm-up practice (to choose their best leg), do the test twice and record the better test score and which leg was used. Record **the number of seconds** the participant is able to maintain this position.



Handgrip Strength

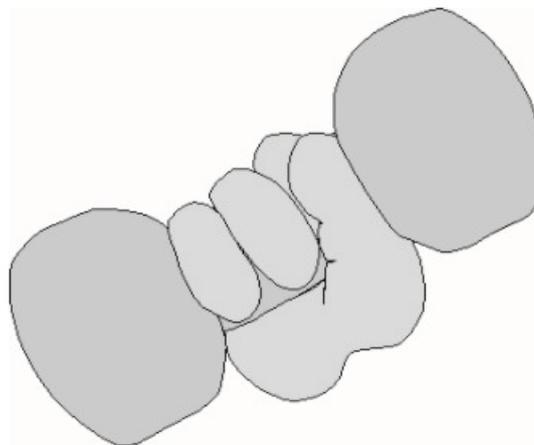
Equipment: Handgrip dynamometer.

Setup: Ensure the grip size for the dynamometer is correct (there should be a slight overlap between the thumb and middle finger when gripping). The participant holds the dynamometer at their side, with a relaxed elbow.

Protocol: Ideally the person should be in standing, but if unstable they can sit. On your signal of “go” the participant should squeeze the dynamometer **as hard as they can**. Encourage them by telling them to ‘squeeze as hard as you can’. Remember to do BOTH hands (and record both) or if time is short record the dominant hand only.

It is common for people to hold their breathe during this test so remind them to breathe throughout. After no more than 5 seconds they should totally relax and you can read off their result from the display on the dynamometer (ensure it is set to Kg). Remember to reset to zero before testing again.

Scoring: After giving the participant a warm-up practice (to find their dominant hand), do the test twice and record the better test score. The score is measured off the read display and is their **grip strength in Kg**.



6 Minute Walk

Equipment: Stopwatch, tape measure, (at least) four cones, click counter. (*Ideally, have a number of chairs dotted about inside the course so the person can sit down if they need/want to*).

Setup: Mark out a set distance route (not too small) of, for example, 10 or 20 meter square area. Lay out a cone at each corner to mark the 'turns' in the route. Ensure you know the distance of each of the four sections that mark out the route.

Protocol: On your signal of "go" the participant walks **as fast as safely possible (no running)** around the marked course as many times and he or she can within the six-minute time limit.

To assist the person with pacing you should "call out" when participants are approximately half done (3 mins), when 2 mins are left and when 1 min is left. The person can sit and take a rest at any time but the clock keeps ticking. At the end of the walk, the participant should slowly walk around for another minute to cool down if they have got warm or a raised heart rate. *If you feel it necessary to walk with them, do not talk to them and do not walk in front in case they try to keep up with you.*

Scoring: The score is the **total number of meters** walked in six mins. If you know the total distance of ONE lap of the route marked out, you can multiply the distance of one lap by the number of times they walked around that lap in 6 mins (using click counter). Or if they only manage half the route on last lap, add on half the distance of one lap. *Document if they use a walking aid or needed a rest.*

