

Short Physical Performance Battery

1.

Balance Tests



Side-by-Side Stand
Feet together side-by-side for 10 sec

< 10 sec (0 pt)



10 sec (1 pt)



Semi-Tandem Stand
Heel of one foot against side of big toe of the other for 10 sec

< 10 sec (+0 pt)



10 sec (+1 pt)



Tandem Stand
Feet aligned heel to toe for 10 sec

10 sec (+2 pt)
3-9.99 sec (+1 pt)
<3 sec (+0 pt)

Go to 4-Meter Gait Speed Test

Go to 4-Meter Gait Speed Test

2.

Gait Speed Test

Measures the time required to walk 4 meters at a normal pace (use best of 2 times)

<4.82 sec	4 pt
4.82-6.20 sec	3 pt
6.21-8.70 sec	2 pt
>8.7 sec	1 pt
Unable	0 pt



3.

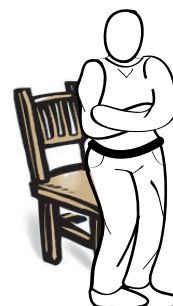
Chair Stand Test

Pre-test
Participants fold their arms across their chest and try to stand up once from a chair

unable → Stop (0 pt)

able ↓

5 repeats
Measures the time required to perform five rises from a chair to an upright position as fast as possible without the use of the arms



≤11.19 sec	4 pt
11.20-13.69 sec	3 pt
13.70-16.69 sec	2 pt
>16.7 sec	1 pt
>60 sec or unable	0 pt

