

## 2 minute Step Test (Rikli, Jones 1999)

1. Take resting vital signs
2. Have patient/client stand next to a wall. Measure the height of the iliac crest and patella and mark it on the wall. Then place a piece of tape on the wall half the distance between the two.
3. On the signal “go” the patient/client begins stepping (not running) in place, raising each knee to the mark on the wall, for as many times as possible in the 2 minute period.
4. Only count the number of times the right knee reaches the required height. That is the score.
5. If the proper knee height cannot be maintained, ask the participant to slow down, or to stop until they can regain the proper form, but keep the stopwatch running.
6. At the end of the test, provide a cool down by asking the patient/client to walk slowly for a minute.
7. A person with impaired balance may use the back of a chair as a touch-hold for stability. Note this modification in your documentation
8. One trial.
9. Take post exercise vital signs.

Range of scores between the 25% and 75% percentiles		
Age	Number of steps – Women	Number of steps – Men
60 - 64	75-107	87-115
65 - 79	73-107	86-116
70 - 74	68-101	80-110
75 - 79	68-100	73-109
80 - 84	60-90	71-103
85 - 90	55-85	59-91
90 - 95	44-72	52-86

Scores less than 65 were associated with lower levels of functional ability

### Population:

- community residing older adults ages 60-94
- n = 7,183      5,048 women, 2,135 men
- years education:      14.5
- chronic conditions:      1.7
- medications:      1.6
- performed moderate exercise  $\geq 3$  times/week:      65%

### Exclusion criteria:

- advised not to exercise by physician
- CHF, joint pain, chest pain, dizziness, angina during exercise
- BP > 160/100

Rikli RE, Jones CJ (1999). Functional fitness normative scores for community residing older adults ages 60-94. *Journal of Aging and Physical Activity*, 7, 160-179.