

## 5X Sit-to-Stand Test (5XSST)

Description: Assesses functional lower extremity strength, transitional movements, balance, and fall risk.

Equipment: Stopwatch; standard height chair with straight back (16 inches high);

Therapist Instructions: Have the patient sit with their back against the back of the chair. Count each stand aloud so that the patient remains oriented. Stop the test when the patient achieves the standing position on the 5th repetition.

Patient Instructions: "Please stand up straight as quickly as you can 5 times, without stopping in between. Keep your arms folded across your chest. I'll be timing you with a stopwatch. Ready, begin."

Interpretation:

Age Bracket	Time in Seconds
60-69 yo	11.4
70-79 yo	12.6
80-89 yo	14.8

### Fall Risk:

- Geriatrics
  - need for further assessment of fall risk:  $\geq 12$  sec
  - recurrent falls:  $> 15$  sec
- Vestibular Disorders
  - fall risk:  $> 15$  sec
- Parkinson's Disease
  - fall risk:  $> 16$  sec

Lower times = better scores

MDC: 3.6-4.2 sec

MCID: 2.3 sec

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3 Meretta, B. M., Whitney, S. L., et al. (2006). "The five times sit to stand test: responsiveness to change and concurrent validity in adults undergoing vestibular rehabilitation." *Journal of Vestibular Research* 16(4-5): 233-243.

4 Bohannon RW. Reference values for the five-repetition sit-to-stand test: a descriptive metaanalysis of data from elders. *Percept Mot Skills* 2006; 103(1):215-222.

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