

Protocol for Chair Rise

SINGLE CHAIR RISE

The next test measures the strength in your legs. I want you to try to stand up from a firm straight-backed chair, like a dining chair. First, fold your arms across your chest and sit so that your feet are on the floor; then stand up keeping your arms folded across your chest. DEMONSTRATE. Do you feel it would be safe to do this?

If the participant cannot rise without using arms, say: 'Okay, try to stand up using your arms.'

If FAIL then STOP

If PASS

REPEATED CHAIR RISE

Now I would like you to repeat the procedure but this time I want you to stand up straight as quickly as you can [5 OR 10] times, without stopping in between and without using your arms to push off. After standing up each time, sit down and then stand up again. Keep your arms folded across your chest. I'll be timing you with a stopwatch. DEMONSTRATE. Do you feel it would be safe to do that?

When I want you to start, I will say: 'Ready, begin'.

If FAIL record NUMBER
of rises and TIME

If PASS record TIME

Protocol for Grip Strength

GRIP STRENGTH

Now I would like to assess the strength of your hand in a gripping action. I will count up to three and then ask you to squeeze this handle as hard as you can, just for two or three seconds and then let go.

DEMONSTRATE.

I will take alternately three measurements from each hand. Would you be willing to have your handgrip measured?

At the start of each measure, say: 'One, two, three, squeeze!'