THINGS TO KNOW WHEN ADMINISTERING THE 30-SECOND CHAIR STAND TEST

PURPOSE
- Tests leg strength and endurance of patients
- Monitors the effects of strength training
- Is often used as an outcome measure for strength training progress.

HOW TO CONDUCT TEST
Clinician will instruct patient to sit in the middle of the chair with feet flat on floor and arms against their chest. Next, patient will complete as many sit to stands for 30 seconds. Finally, record the number of times the patient stands in those 30 seconds.

SAFETY CONSIDERATIONS
- Make sure the chair is placed against wall
- Ensure patient has proper footwear
- PT should stand close enough to patient incase they lose their balance

NECESSITIES
- Straight-backed Chair (preferred no arm rest)
- Stopwatch
- Assistive devices (if needed)
- Personnel including the Physical Therapist and Patient

BENEFITS
- Identifies if a patient is at risk for falls
- Has high clinical feasibility
- Importance to Daily Routine in Adults
- Can be used to measure Movement-Evoked Pain

SCAN QR CODE TO LEARN MORE!
Presented to you by Duke DPT Program c/o 23'
Team 10