SHORT PHYSICAL PERFORMANCE BATTERY TEST

A HOW-TO GUIDE

What is the purpose?
The purpose of this outcome measure is to test for lower extremity function using timed balance tests, gait speed, & 5x sit to stand.

Who takes the test?
The test can be administered on older adults with suspected decrease in lower extremity function. It is not usually indicated for use in older, generally healthy adults because of the test ceiling effect.

Step 2: Gait Speed Test
Record the amount of seconds it takes the patient to walk 3 meters at their usual speed.

Step 1: Balance Test
- Instruct the patient to perform a side-by-side stand for 10 seconds
- Instruct the patient to perform a semi-tandem stand for 10 seconds
- Instruct the patient to perform a tandem stand for 10 seconds

Step 3: Repeated Chair Stand Test
Ask the patient to fold their arms across their chest and perform five sit to stands without stopping. Record how long this takes.

What will you need?
- Timer
- Chair
- Pen or pencil
- SPPB assessment score sheet
- Flat 5m walking surface
- Assistive device (if required for ambulation)

Scoring
Follow the link provided below to score the Short Physical Performance Battery Protocol:
https://sites.duke.edu/centerforgaging/files/2017/10/SPPB-Score-Tool.pdf

FOR MORE INFORMATION, GO TO WWW.DUKE.EDU/CENTERFORAGING