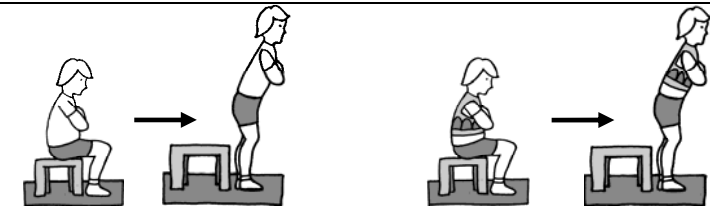


Sit-to-stand Bilateral exercise	 Sit-to-stand Loaded Sit-to-stand
1 repetition:	1x stand up & sit down
Initial starting position:	Position: sitting on chair Hands: on waist or across the chest (with assistance: in hands of trainer). Trunk: erect Hips: 90° flexion (hips and knees levelled → thigh is parallel to the floor) Knees: 105° flexion (full extension is defined as 0°) Feet: parallel, as flat on the floor as possible → also see <i>Adaptations</i>
Chair:	Type: no armrests, no backrest Height: Adjusted to the initial starting position
Instructions:	“Stand up slowly. Stand still, then sit down again slowly. Do not use hands or support (if possible)”
Trainer:	Trainer stands beside or in front of the child. Support may be given for balance.
Strategy:	Move the trunk forward by flexion of the hips until the shoulders are above the knee joints. Stand up. Stay standing up for 1 second. Sit down. Repeat 8 times
Speed:	One stand-up per two to three seconds. One sit-down per two to three seconds.
Correct trial:	Standing up with as much symmetrical hip strategy as possible to the defined standing position, which requires the subject's trunk and lower extremities to being fully extended
Incorrect trial:	Losing balance. Standing up with an obviously asymmetrical posture during the test (i.e. head of child leans over one or both knees) Unable to maintain a standing position for two seconds after standing up swaying the trunk back and forth several times to initiate the task of standing up. Sitting down abruptly without good control.
Adaptations	
Initial starting position:	Same as above, but decrease knee flexion to 100° - 120° (hips slightly higher than knees by raising the seat of the chair.