

Short Physical Performance Battery

1. Balance Tests



Side by Side Stand

Stand upright with your feet close together for 10 sec.

<10 sec (0 pt)



10 sec (+1 pt)



Semi-Tandem Stand

Stand with the heel of one foot touching the side of the other foot's big toe for 10 sec.

<10 sec (0 pt)



10 sec (+1 pt)



Tandem Stand

Stand with your feet in a straight line, one heel in front of the other, for 10 sec.



10 sec (+2 pt)
3-9.99 sec (+1 pt)
< 3 sec (0 pt)

2. Gait Speed Test

Record the time it takes to walk 4 meters at a normal pace, using the faster of two attempts.



<4.82 sec	4 pt
4.82-6.20 sec	3 pt
6.21-8.70 sec	1 pt
>8.70 sec	1 pt
Unable	0 pt

3. Chair Stand Test

Pre Test

Participants cross their arms over their chest and attempt to rise from a chair one time

Unable

Stop (0 pt)

Able

5 repeats

Records the time needed to complete five chair stands as quickly as possible without using the arms



≤11.19 sec	4 pt
11.20-13.69 sec	3 pt
13.60-16.69 sec	2 pt
>16.7 sec	1 pt
>60 sec or unable	0 pt