

**NINDS CDE Notice of Copyright  
Five Times to Sit and Stand Test**

<b>Availability:</b>	Freely available at <a href="#">NINDS CDE Notice of Copyright Five Times to Sit and Stand Test Link</a>
<b>Classification:</b>	<b>Supplemental:</b> Spinal Cord Injury (SCI)-Pediatric (age 4 and over) <b>Exploratory:</b> SCI (adult)
<b>Short Description of Instrument:</b>	<b>Construct measured:</b> Standing up from sitting ability <b>Generic vs. disease specific:</b> Generic <b>Means of administration:</b> Paper/pencil; no training required <b>Intended respondent:</b> Participant <b># of items:</b> N/A <b># of subscales and names of sub-scales:</b> N/A <b># of items per sub-scale:</b> N/A
<b>Comments/Special instructions:</b>	<b>Background:</b> The Five Times Sit to Stand Test is used to document the speed it takes an individual to complete five repetitions of sitting and standing without assistance. It assesses strength and functional mobility. <b>Equipment:</b> Standard chair and stopwatch
<b>Rationale/Justification:</b>	<b>Strengths/Weaknesses:</b> This test has been validated for individuals with SCI, but it is not truly a gait or balance measure. It can be used as a measure of functional strength in studies.
<b>References:</b>	Bohannon, R. W. (2006). Reference values for the five-repetition sit-to-stand test: a descriptive meta-analysis of data from elders. <i>Percept Mot Skills</i> , 103(1), 215–222. Buatois, S., Miljkovic, D., Manckoundia, P., Gueguen, R., Miget, P., Vancon, G., . . . Benetos, A. (2008). Five times sit to stand test is a predictor of recurrent falls in healthy community-living subjects aged 65 and older. <i>J Am Geriatr Soc</i> , 56(8), 1575–1577. Guralnik, J. M., Ferrucci, L., Pieper, C. F., Leveille, S. G., Markides, K. S., Ostir, G. V., . . . Wallace, R. B. (2000). Lower extremity function and subsequent disability: consistency across studies, predictive models, and value of gait speed alone compared with the short physical performance battery. <i>J Gerontol A Biol Sci Med Sci</i> , 55(4), M221–231. Poncumhak, P., Saengsuwan, J., Kamruecha, W., & Amatachaya, S. (2013). Reliability and validity of three functional tests in ambulatory patients with spinal cord injury. <i>Spinal Cord</i> , 51(3), 214–217. <b>SCI-Pediatric:</b> Kumban, W., Amatachaya, S., Emasithi, A., & Siritaratiwat, W. (2013). Five-times-sit-to-stand test in children with cerebral palsy: reliability and concurrent validity.

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