# Guidelines Document

## Stair Climb

### Availability:
Descriptions on how to use the Stair Climb test are available from: (Finch, Walsh, Thomas, & Woodhouse, 1998; Kennedy, Stratford, Pagura, Walsh, & Woodhouse, 2002; Rejeski et al., 1995).

### Classification:
**Supplemental:** Congenital Muscular Dystrophy (CMD), Myotonic Muscular Dystrophy (DM), Facioscapulohumeral Muscular Dystrophy (FSHD), Neuromuscular Disease (NMD), Spinal Cord Injury (SCI) and SCI-Pediatric (age 4 and over)

### Short Description of Instrument:
**Construct measured:** Ability to climb and descend stairs  
**Intended respondent:** Participant
Performed with patient wearing regular footwear. Time is measured in 1 of 3 ways. 1) Time to go up a standard set of 4 steps, 2) Time to go down a standard set of 4 steps, or 3) Time to go up and down a standard set of 4 steps.

### Comments/Special instructions:
**Scoring:** Low scores correlate with good functional independence; high scores correlate with poor functional independence and higher risk of falls.  
**Administration:** 10 minutes  
**SCI-Pediatric-specific:**  
Assistive devices can be used but should be kept consistent and documented.

### References:

**Other information about this assessment:**
Bennell, K., Dobson, F., & Hinman, R. (2011). Measures of physical performance assessments: Self-Paced Walk Test (SPWT), Stair Climb Test (SCT), Six-Minute Walk Test (6MWT), Chair Stand Test (CST), Timed Up & Go (TUG), Sock Test, Lift and Carry Test (LCT), and Car Task. Arthritis Care Res (Hoboken), 63 Suppl 11, S350–S370.  
[American College of Rheumatology Performance Assessments Article Link](https://www.rheumatology.org/patient/careMBED/Performance-Assessments/)