

### Core Measure: Five Times Sit-To-Stand (5TSTS)

<b>Overview</b>	<ul style="list-style-type: none"><li>• The Five Times Sit to Stand Test measures one aspect of transfer skill. The test provides a method to quantify functional lower extremity strength and/or identify movement strategies a patient uses to complete transitional movements.</li></ul>
<b>Number of Test Items</b>	<ul style="list-style-type: none"><li>• 1</li></ul>
<b>Scoring</b>	<ul style="list-style-type: none"><li>• The score is the amount of time (to the nearest decimal in seconds) it takes a patient to transfer from a seated to a standing position and back to sitting five times.</li></ul>
<b>Equipment</b>	<ul style="list-style-type: none"><li>• Standard height chair (43-45 cm, 17-18 inches) with a backrest.</li><li>•</li></ul>

**Additional  
Recommendations**

document the number of stands, time, or compensatory movements for baseline information, but this should not be considered a trial of the 5TSTS Test.

- To track change, it is recommended that this measure is administered a minimum of two times (admission and discharge), and when feasible, bet,4 ado 0.6(s)-1.1.04 -06th0.6(o (s)-1. )J(,) p04 -0ere an d0.6(o )JJ,owh6th0.6

5. "What if my patient cannot complete five repetitions?"
  - a. If the patient does not complete \_\_\_\_\_, a score of 0 seconds should be recorded. When possible within the medical record it is also recommended to note the reason, such as "unable to perform five repetitions". The clinician can, however, use his or her clinical judgement to record a time for fewer repetitions or provide physical assistance to help the patient complete the assessment, as this information may be valuable to explore change over

