

### 30 Second SIT TO STAND TEST (STS)

	Test 1	Test 2
Number of Full Repetitions:		
Did patient use hands or armrest to stand?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Did patient use assisted devices (aids) to stand? If yes, specify:	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, specify:	_____	_____
Final Score:		

Seat height: \_\_\_\_\_ inches

- Unable to perform the test due to severe weakness (provide comments for detail).  
Number of full repetitions is recorded as "0"
- Test not performed due to reasons other than muscle weakness (e.g., recent surgery, pain, disability, or other limitations). Provide detailed comments.

Comments on performance of Sit to Stand test:

The final score should be the average of both tests, each completed within 30 seconds.  
 If the patient uses their arms or any devices during the tests, the final score will be zero.

### **Instructions:**

1. This test measures how many times a patient can stand up from a seated position and sit back down in a chair within 30 seconds. This test has been validated in adult myositis patients.
2. You will need a chair with a straight back and no armrests and a stopwatch. The seat height of the chair should allow the patient's feet to rest flat on the ground with thighs at a 90-degree angle. The recommended seat height of the chair is generally 16 to 18 inches for an adult person of average height.
3. The patient should perform the test without using their hands, arm rests, or customary walking aids. If the patient cannot complete a single repetition without assistance, allow them to use their hands, armrests, or walking aids. Record the use of hands, armrests, or walking aids on the form.
4. A full repetition is defined as standing fully from a seated position and then sitting back down.
5. If the patient has NOT returned to a seated position on the chair when 30 seconds are over, do NOT count the final repetition.
6. The patient will complete this test twice with 2 minutes of rest in between. The assessor should guide the patient through a practice run.
7. If the assessor or patient feels that the test was not performed to the best of their ability, they may choose to repeat it, discarding the prior results.

### **References:**

- 1- Jones CJ, Rikli RE, Beam WC. A 30-s chair-stand test as a measure of lower body strength in community-residing older adults. *Res Q Exerc Sport*. 1999 Jun;70(2):113-9. doi: 10.1080/02701367.1999.10608028. PMID: 10380242.
- 2- Saygin D, Oddis CV, Dzanko S, Koontz D, Moghadam-Kia S, Ardalan K, Coles TM, Aggarwal R. Utility of patient-reported outcomes measurement information system (PROMIS) physical function form in inflammatory myopathy. *Semin Arthritis Rheum*. 2021 Jun;51(3):539-546. doi: 10.1016/j.semarthrit.2021.03.018. Epub 2021 Apr 15. PMID: 33894634.
- 3- Saygin D, et I. PERFORMANCE OF SIT-TO-STAND, TIMED UP-AND-GO AND SIX-MINUTE WALK TESTS IN THE HOME AND OFFICE SETTING *Clinical and Experimental Rheumatology* 2023; 41: 429.