

# Functional Standing Test (FST)

## Assessment Overview

### Assessment Area

**ICF Domain:**

Activity

**Subcategory:**

Mobility

### You Will Need

**Length:**

21 items – around 15 minutes

**Scoring:**

Time in minutes or seconds to complete each of the 21 tasks is recorded.

### Summary

The FST assesses an individual's ability to perform one handed reaching tasks while standing.

It consists of 21 tasks which involve performing both gross and fine motor skills, crossing midline, and lifting and lowering light and heavy objects. Examples of tasks include lifting light objects down from the lowest shelf, stacking checkers on the countertop at the midline, and lifting heavy objects up to the top shelf.

### Availability

Unable to locate a copy of this measure at this time.

## Assessment Interpretability

### Minimal Clinically Important Difference

Not established in SCI

### Statistical Error

Not established in SCI

### Typical Values

Not established in SCI

## Measurement Properties

## Validity – Not Established in SCI

**RANKING N/A:** ANOVAs performed indicated significant ( $P < .05$ ) differences between SCI and able-bodied populations, which suggests that FST may be sensitive to various standing impairments.

**Number of studies reporting validity data: 1**

## Reliability – Low to High

ICC values for SCI individuals standing with knee-ankle-foot-orthoses (KAFOs)

### **High 12 FST items had a high test-retest reliability**

[(2) move small objects on test board, (3) lift light objects up to low, (5) pull object from dominant side, (8) stack checkers, (9) lift heavy objects up to low, (12) push object from non-dominant side, (13) move large heavy objects, (14) scooping, (15) lift light objects up to top, (16) lift light objects down from top, (18) lift heavy objects down from top, (20) lift objects of unknown weight to top]

ICC > 0.75

### **Moderate 9 FST items had a moderate test-retest reliability**

[(1) simulate page turning, (4) lift light objects down from low, (7) move large light object, (10) lift heavy objects down from low, (17) lift heavy objects up to top]

ICC < 0.75

### **Low 3 FST items had a low reliability**

[(11) pull object from non-dominant side, (19) pouring, (21) total standing time]

ICC < 0.4

**Number of studies reporting reliability data: 1**

## Responsiveness

**Floor/Ceiling Effect:**

Not established in SCI

**Effect Size:**

Not established in SCI

**Number of studies reporting responsiveness data:**

Not established in SCI