

5 Times Sit to Stand Test (5XSST) Worksheet

Description:

- It measures the amount of time it takes a patient to transfer from a seated to a standing position and back to sitting five times.
- It assesses the functional lower limb strength, transitional movements, balance, and falls risk.

General Information:

- The individual stands up straight 5 times, without stopping in between.
- The individual should keep their arms folded across their chest.
 - Start time when the individual is instructed to “Go”.
 - Stop time when the patient achieves the standing position on the 5th repetition.
- Person taking the test can be instructed to perform the test at the fastest speed that they are able to do it safely.

Set-up and Equipment:

- Standard height chair (43-45 cm, 17-18 inches) with a backrest.
- Countdown timer.

Results:

Date: _____

Name/ID: _____

5XSST time: _____