

Patient information

Sit to Stand Test

Trust wide Information

The purpose of the sit to stand test is to assess your exercise capacity and leg muscle strength.

The movement required is to get up from a chair with your legs straight and to sit back down continuing the repetitions for one minute. You will need to manage at least 5 repetitions.

You will be given the countdown '3, 2, 1 Go' as an indication to start and you will also be told when you have reached the last 15 seconds. You can go at your own pace and you can take a break as needed.

The test will be repeated after ten minutes.

The sit to stand test is performed using a standard height chair (45cm or similar) without the armrests. The chair will be positioned against a wall.

- You will be seated upright on a chair with your knees and hips flexed at 90°. Your feet will be flat on the floor a hip width apart.
- Your arms need to remain still so you will be asked to put your hands on your hips (or folded across your chest).
- A probe will be placed on your finger to monitor your heart rate and oxygen levels.
- You will need to stand straight upright and then sit down again and repeat this for one minute. Your bottom must touch the chair on each repetition.
- Staff will review all of the information obtained: the number of times you are able to sit to stand in the minute and more importantly your observations including your oxygen levels.
- You need to be able to manage at least 5 times for the test to be considered valid
- **Remember:** this test is self-paced and you can stop and rest when you need to.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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