

SHORT PHYSICAL PERFORMANCE BATTERY ASSESSMENT

You will be testing the patient in three areas: **Balance, Gait speed, and Lower Extremity strength (Chair Stand Test)**. Each section is scored out of 4 points, so the highest total score for the SPPB is 12 points.



Balance Test (3 different positions - The patient must be able to stand on their own without an assistive device, though you can help the patient get up if needed. If the patient cannot hold a posture for 10 seconds, skip the remaining balance postures and move to the next section of the test.)

"I would like you to try to maintain your balance in different positions. I will describe and show each position to you, then I would like you to try to do it. If you cannot do a particular position or feel it would be unsafe, tell me and we will move onto the next activity. I do not want you to try any exercise you feel might not be safe. Do you have any questions before we begin?"

"Now I will show you the first position". (**Demonstrate stance. Don't let the patient start yet!**)

"You will stand with your feet together, side-by-side, for ten seconds. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop."

(Have patient assume position. Assess safety: be ready to stabilize patient if needed. Get ready with timer) "Ready?" ... "Begin" (Start Timer and tell patient to stop after 10 seconds.)

Demonstrate and give instructions for the semi-tandem and tandem foot positions. Stop after 10 seconds for each position. Assess the safety of patient for each stance.

If the patient cannot hold a position for 10 seconds, score the section and move to Gait Speed Test.

Gait Speed Test (Make sure you have a 4-meter course measured out in advance and a timer that goes to the hundredths mark. If the patient uses a cane or other walking aid and feels they need it to walk a short distance, they can use it)

"Now I'm going to observe how you normally walk. Here is our walking course. I want you to walk to the other end of the course at your usual speed, as if you were walking down the street to go to the grocery store. **Walk all of the way PAST the end of the tape before you stop.** Do you feel this would be safe?" (If the patient appears unstable, tell them that you will walk next to them.)

(**Demonstrate the walk for the patient. Have the patient stand with both feet touching the starting line. Prepare the timer.**) "Ready?" ... "Begin" (Start timer when the patient's foot crosses the line. Walk next to the patient for safety. **Stop timer when BOTH of the patient's feet cross the line.**)

If they score less than 4 points, repeat the walking test a second time and record the fastest time.

Chair Stand Test (Before testing the patient, you will make sure it is safe by having the patient complete one untimed chair stand.)

"The last test measures the strength in your legs. Do you think it would be safe to try to stand up from the chair without using your arms?" (If no, stop and record score as zero for this section.)

"Fold your arms across your chest and sit so that your feet are flat on the floor. Now stand up keeping your arms folded across your chest."

(**If patient cannot rise without using their arms, this is the end of their test. Record the results on the scoring sheet. If they are able to rise with their arms folded, continue with the chair stand test.**)

"Do you think it would be safe for you to try to stand up from a chair **five** times without using your arms?" "Please stand up straight as **QUICKLY** as you can **five** times, **without stopping in between.** After standing up each time, sit down and then stand up again. Keep your arms folded across your chest. **I'll be timing you** with a stopwatch. Let me demonstrate. (**Demonstrate**) Do you have any questions? **Remember to do this as QUICKLY as you can five times.** Ready? ... Stand."

(**Begin timing when the patient starts to rise. Count outloud as the patient stands each time, up to 5 times. Stop if the patient becomes tired or short of breath during repeated chair stands. Stop the stopwatch when the patient has straightened up completely for the fifth time. Also stop if the patient uses their arms, has not completed 5 rises by 1 minute, and at your discretion if you are concerned for patient safety.**)



Use the scoring sheet to calculate the total points. Once you complete the test, the SPPB can help you understand the patient's current physical status, as well as their relative risk for ADL decline over the next 4 years.