Modified - Physical Performance Test

1.	Standing Static Balance	Feet Together: _____ sec.	Semi Tandem: _____ sec.	Tandem: _____ sec.	Score
		10s.	10s.	☐ 10s.	☐ 4
		10s.	10s.	☐ 3-9.9s.	☐ 3
		10s.	10s.	☐ 0-2.9s.	☐ 2
		10s.	☐ 0-9s.	Unable	☐ 1
		☐ 0-9s.	Unable	Unable	☐ 0

		Time	**Scoring values**	**Score**
2.	Chair rise		≤ 11 sec = 4 11.1--14 sec = 3 14.1--17 sec = 2 >17 sec = 1 unable = 0	
3.	Lift a book and put it on a shelf		≤ 2 sec = 4 2.1--4 sec = 3 4.1-- 6 sec = 2 > 6 sec = 1 unable = 0	
4.	Put on and remove a jacket		≤ 10 sec = 4 10.1 --15 sec = 3 15.1 – 20 sec = 2 >20 sec = 1 unable = 0	
5.	Pick up a penny from floor.		≤ 2 sec = 4 2.1--4 sec = 3 4.1-- 6 sec = 2 > 6 sec = 1 unable = 0	
6.	Turn 360 degrees	Discontinuous steps = 0 Continuous steps = 2		
		Unsteady (grabs, staggers) = 0 Steady = 2		
7.	50-foot walk test. .		≤ 15 sec = 4 15.1--20 sec = 3 20.1--25 sec = 2 >25 sec = 1 unable = 0	
8.	Climb one flight of stairs.		≤ 5 sec = 4 5.1--10 sec = 3 10.1 – 15 sec = 2 >15 sec = 1 unable = 0	
9.	Climb stairs.	Number of flights of stairs up and down (maximum 4)		
TOTAL SCORE			9-item score	**/36**