

Short Physical Performance Battery-SPPB

Balance Test

1.A) Side-by-Side Stand (Feet together side-by-side)



Failed or Not attempted

↳ Reason:(Choose 1)

- Unable for any reason
- Participant declined
- CRA judged unsafe to perform

Successful

↳ Seconds held (≥ 10.00 sec.): .

• **Less than 10s** OR Failed/Not attempted: Mark **0**, go to **Gait Speed Test** (page 2)

• Held for **10s**: Mark **1**, go to the next test

1.A Points:
1pt max

1.B) Semi-Tandem Stand (Heel of one foot against side of big toe of the other)



Failed or Not attempted

↳ Reason:(Choose 1)

- Unable for any reason
- Participant declined
- CRA judged unsafe to perform

Successful

↳ Seconds held (≥ 10.00 sec.): .

• **Less than 10s** OR Failed/Not attempted: Mark **0**, go to **Gait Speed Test** (page 2)

• Held for **10s**: Mark **1**, go to the next test

1.B Points:
1pt max

1.C) Tandem Stand (Heel of one foot in front of toes of the other)



Failed or Not attempted

↳ Reason:(Choose 1)

- Unable for any reason
- Participant declined
- CRA judged unsafe to perform

Successful

↳ Seconds held (0-10.00 sec.): .

• **Less than 3s** OR Failed/Not attempted: Mark **0**

• Held for **3s** to less than **10s**: Mark **1**

• Held for **10s**: Mark **2**

1.C Points:
2pts max

Please fill out Subtotal for the Balance Test, then go to Gait Speed Test on Next Page



Balance Test Subtotal:
4pts max

Short Physical Performance Battery-SPPB

Gait Speed Test

2.A) Walk 1 (Measures the time required to walk 3 meters at a normal pace)



Failed or Not attempted

↳ Reason: (Choose 1)

- Unable for any reason
- Participant declined
- CRA judged unsafe to perform

Successful

↳ Completion Time (in seconds):

.

• **If time equals 0s** OR **Failed/Not attempted**: Go to **Chair Stand Test** (page 3)

• If **successful**, fill in **Completion Time** and proceed to **2.B**

2.B) Walk 2 (Measures the time required to walk 3 meters at a normal pace)



Failed or Not attempted

↳ Reason: (Choose 1)

- Unable for any reason
- Participant declined
- CRA judged unsafe to perform

Successful

↳ Completion Time (in seconds):

.

Aids used for either walk: None

Cane Walker

Other (Specify):

• **If time equals 0s** OR **Failed/Not attempted**: Go to **Chair Stand Test** (page 3)

• If **successful**, fill in **Completion Time** and proceed to **2.C**

2.C) Fastest Time of the two walks.

Points earned if time =

- 0.01 to 3.61 seconds (4 pts)
- 3.62 to 4.65 seconds (3 pts)
- 4.66 to 6.52 seconds (2 pts)
- ≥ 6.53 seconds (1 pt)
- Failed or not attempted (0 pts)

Fastest Time (of either walk):

.

Gait Speed

Test

Subtotal:

4pts max

Go to Chair Stand Test on Next Page →

Short Physical Performance Battery-SPPB

Chair Stand Test

3.A) Pre-Test (Participants fold their arms across their chest and try to stand up once from a chair without using their arms)

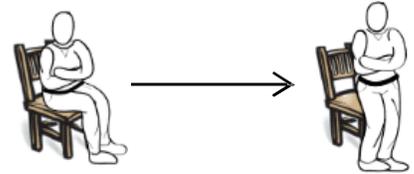
Failed or Not attempted

↳ Reason: (Choose 1)

- Unable for any reason
- Participant declined
- CRA judged unsafe to perform

Successful

↳ Proceed to 3.B



- If **Failed or Not attempted**: End Test
- If **successful**, proceed to **3.B**

3.B) 5 Repeats (Measures the time required to perform five rises from a chair to an upright position as fast as possible without the use of their arms) - Stop timer when patient stands upright 5th time

Failed or Not attempted

↳ Reason: (Choose 1)

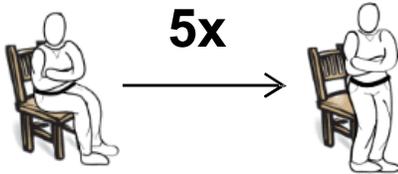
- Unable for any reason
- Participant declined
- CRA judged unsafe to perform

Successful

↳ Completion Time (in seconds): .

Points earned if time =

- 0.01 to 11.19 seconds (4 pts)
- 11.20 to 13.69 seconds (3 pts)
- 13.70 to 16.69 seconds (2 pts)
- 16.70 to 60.00 seconds (1 pt)
- ≥ 60.01 seconds (0 pts)
- 0 seconds (0 pts)



Subtotal Summation

Balance Test + Gait Speed Test + Chair Stand Test = **SPPB Total Sum (12 pts max)**