

Short Physical Performance Battery (SPPB)

Patient Name:	Date Accomplished:
Assessor's Name:	Assessor's Signature:

What you need:

- A stopwatch (because you will be timing the patient)
- A chair (make sure it has a back rest and is tall enough that the patient can sit straight and keep their feet planted on the floor)

NOTICE: Please conduct the tests in order.

Standing Balance Tests

- There are three types of standing positions that they must assume and maintain for ten seconds. They must be able to maintain these positions without the aid of a cane or walker. You may help them get up from their seat, though.
- Describe and demonstrate the instructions to them. Let them know as well that if they are unable to perform the actions or if they feel unsafe doing them, they should tell you.
- Emphasize to them that you don't want them to feel unsafe, so if they do feel unsafe, tell them that and move on to the next part.
- Make sure to ask them if they have any questions. If none, then begin.

1. Side-by-Side Stand

- Demonstrate what a Side-by-Side Stand is, which is to assume a standing position with your feet together side-by-side. The patient must assume this position and maintain it for ten seconds.
- Tell them that they may use their arms, move their body, and even bend their knees to maintain their balance, however, their feet must stay together the whole time.
- Stand next to the participant to help him/her into the side-by-side position. Make sure that you are able to support the participant's arm to prevent loss of balance.
- Once their feet are together, ask them if they're ready. If they are, let go of the patient and then tell them to start. Make sure you have a stopwatch so you can begin timing as soon as you tell them to begin.
- The test stops after ten seconds or if the participant steps out of position or grabs your arm.
- If the patient is unable to maintain their balance for ten seconds, move on to the Gait Speed Test. If they are able to maintain it, move to the second standing position.

2. Semi-Tandem Stand

- Demonstrate what a Semi-Tandem Stand is, which is to assume a standing position with the side of the heel of one foot touching the big toe of the other foot. The patient can put either foot in front, so long as they're comfortable.
- Same thing. They may use their arms, move their body, and even bend their knees to maintain their balance, however, their feet must stay together the whole time.
- Stand next to the participant to help him/her into the semi-tandem position. Make sure that you are able to support the participant's arm to prevent loss of balance.
- When they've assumed the proper position, ask them if they're ready. If they are, let go of the patient and then tell them to start.
- The test stops after ten seconds or if the participant steps out of position or grabs your arm.
- If the patient is unable to maintain their balance for ten seconds, move on to the Gait Speed Test. If they are able to maintain it, move to the third standing position.

3. Tandem Stand

- Demonstrate the Tandem Stand, which is to assume a standing position with the heel of one foot in front of and touching the toes of the other foot. The patient can put either foot in front, so long as they're comfortable.
- Again, they may use their arms, move their body, and even bend their knees to maintain their balance, however, their feet must stay together the whole time.
- Stand next to the participant to help him/her into the tandem position. Make sure that you are able to support the participant's arm to prevent loss of balance.
- When they've assumed the proper position, ask them if they're ready. If they are, let go of the patient and then tell them to start.
- The test stops after ten seconds or if the participant steps out of position or grabs your arm.
- If the patient is unable to maintain their balance for ten seconds, move on to the Gait Speed Test.

Scoring for the Standing Balance Tests

1. Side-by-Side Stand

- ☐ Maintained balance for 10 seconds = 1 point
- ☐ Unable to maintain balance for 10 seconds = 0 points
- ☐ Did not attempt = 0 points

If 0 points, end the Standing Balance Test and proceed to the Gait Speed Test.

Number of seconds held if less than 10 seconds:

2. Semi-Tandem Stand

- ☐ Maintained balance for 10 seconds = 1 point
- ☐ Unable to maintain balance for 10 seconds = 0 points
- ☐ Did not attempt = 0 points

If 0 points, end the Standing Balance Test and proceed to the Gait Speed Test.

Number of seconds held if less than 10 seconds:

3. Tandem Stand

- ☐ Maintained balance for 10 seconds = 2 points
- ☐ Maintained balance for 3 to 9.99 seconds = 1 point
- ☐ Maintained balance for less than 3 seconds = 0 points
- ☐ Did not attempt = 0 points

Number of seconds held if less than 10 seconds:

If the patient failed or did not attempt one of the three tests, pick one:

- ☐ 1 = Tried but unable
- ☐ 2 = Participant could not hold position unassisted
- ☐ 3 = Did not attempt because I felt that the test was unsafe for them
- ☐ 4 = Did not attempt because the patient felt unsafe
- ☐ 5 = The participant was unable to understand the instructions
- ☐ 6 = Others (please specify):
- ☐ 7 = Patient refused

Comments

The Gait Speed Tests

- You're going to observe how your elderly patient walks and how fast they are able to do so. They may use a cane or a walking aid for this.
- Make sure to have something that you can use to mark distances, like tape and a yardstick. Mark a distance of three or four meters.
- Once you've prepared everything and you've marked the distance, get your patient to stand behind the starting line. Their toes should be touching the start line.

1. First Gait Speed Test

- For this one, tell your patient to walk to the other end of the course at their usual speed. Demonstrate this, of course.
- Tell them that they need to walk past the marker at the end before they stop. You should also tell them that you will walk with them so that they feel safe and so you can assist them if ever they lose their balance while walking.
- Tell them that they will start when you say "Begin." Of course, tell them to get ready first.
- When the patient says they're ready, say "Begin." Make sure to activate the stopwatch as soon as you say that and then deactivate it once your patient crosses the marker.

2. Second Gait Speed Test

- Have your patient turn around. They will do the same thing, but this time they will walk back to the previous starting point.
- Once they've turned around, have them stand behind the marker with their toes touching the marker.
- Ask them if they're ready. If they are, say "Begin" so they can start walking back to the start. Don't forget to activate your stopwatch and make sure you walk with them.

Scoring for the Gait Speed Tests

Distance: ☐ 3 meters ☐ 4 meters

1. First Gait Speed Test

Time to complete course: _____ seconds

Walking aids used: ☐ None ☐ Cane ☐ Frame ☐ Other

If the participant failed or did not attempt:

- ☐ 1 = Tried but unable
- ☐ 2 = Participant could not hold position unassisted
- ☐ 3 = Did not attempt because I felt that the test was unsafe for them
- ☐ 4 = Did not attempt because the patient felt unsafe
- ☐ 5 = The participant was unable to understand the instructions
- ☐ 6 = Others (please specify): _____
- ☐ 7 = Patient refused

If the patient refused, skip to the Chair Stand Test

2. Second Gait Speed Test

Time to complete course: _____ seconds

Walking aids used: ☐ None ☐ Cane ☐ Frame ☐ Other

If the participant failed or did not attempt:

- ☐ 1 = Tried but unable
- ☐ 2 = Participant could not hold position unassisted
- ☐ 3 = Did not attempt because I felt that the test was unsafe for them
- ☐ 4 = Did not attempt because the patient felt unsafe
- ☐ 5 = The participant was unable to understand the instructions
- ☐ 6 = Others (please specify): _____
- ☐ 7 = Patient refused

Indicate the faster of the two tests: _____ **seconds.** (If the patient only did one walk, then indicate that instead.)

☐ Participant wasn't able to do the walk = 0 points

For 3-meter courses:

- ☐ If the fastest time is more than 6.52 seconds = 1 point
- ☐ If the fastest time is 4.66 to 6.52 seconds = 2 points
- ☐ If the fastest time is 3.62 to 4.65 seconds = 3 points
- ☐ If the fastest time is less than 3.62 seconds = 4 points

For 4-meter courses:

- ☐ If the fastest time is more than 8.70 seconds = 1 point
- ☐ If the fastest time is 6.21 to 8.70 seconds = 2 points
- ☐ If the fastest time is 4.82 to 6.20 seconds = 3 points
- ☐ If the fastest time is less than 4.82 seconds = 4 points

Comments

Chair Stand Tests

- This test comes in two parts, but the first one is more like a test to see if they can actually do this without using their arms. If they can, then they will do the second part, which is the real test. If they can't, the Short Physical Performance Battery ends here.

1. Single Chair Stand

- Tell them that this test is for gauging their leg strength.
- Give them these instructions and demonstrate them: they must fold their arms across their chest, they must plant both feet on the floor.
- Once they're in position, have them stand up while keeping their arms folded across their chest. They can't use their arms to support themselves standing up.
- If they can't do it, tell them to use their arms to stand up. The test ends here. If they can, then they will do the real Chair Stand Test.

2. Repeated Chair Stands

- This is the real test. They just need to assume a full standing position five times without the aid of their arms, so they simply need to maintain their position in the Single Chair Stand test, but they must do this five times as quickly as they can.
- Explain the above objective and demonstrate it.
- Ask them if they're ready. If they say they're ready, say "Begin" so they can start. Make sure to time them. The test stops for any one of the following reasons:
- The patient has accomplished assuming a full standing position five times
- If a minute has passed, even if they haven't assumed a full standing position five times
- If you think it's necessary to stop for the safety of the patient

Scoring for the Chair Stand Tests

1. Single Chair Stand

Safe to stand without help: ☐ Yes ☐ No

- ☐ The patient stood without using arms = proceed to the Repeated Chair Stand Test
- ☐ Patient used their arms to stand = 0 points, end of test
- ☐ Can't complete the Single Chair Stand Test = 0 points, end of test

If the participant couldn't complete it:

- ☐ 1 = Tried but unable
- ☐ 2 = Participant could not hold position unassisted
- ☐ 3 = Did not attempt because I felt that the test was unsafe for them
- ☐ 4 = Did not attempt because the patient felt unsafe
- ☐ 5 = The participant was unable to understand the instructions
- ☐ 6 = Others (please specify):
- ☐ 7 = Patient refused

2. Repeated Chair Stands

Safe to stand five times: ☐ Yes ☐ No

If they succeed in standing five times, how many seconds did it take: seconds

- ☐ If the patient is unable to complete 5 chair stands or completes stands beyond 60 seconds = 0 points
- ☐ If their chair stand time is 16.70 to 59.9 seconds = 1 point
- ☐ If their chair stand time is 13.70 to 16.69 sec = 2 points
- ☐ If their chair stand time is 11.20 to 13.69 sec = 3 points
- ☐ If their chair stand time is 11.19 sec or less = 4 points

If the participant couldn't complete it:

- ☐ 1 = Tried but unable
- ☐ 2 = Participant could not hold position unassisted
- ☐ 3 = Did not attempt because I felt that the test was unsafe for them
- ☐ 4 = Did not attempt because the patient felt unsafe
- ☐ 5 = The participant was unable to understand the instructions
- ☐ 6 = Others (please specify):
- ☐ 7 = Patient refused

Scoring for Complete Short Physical Performance Battery

Total Balance Test Score: points

Gait Speed Test Score: points

Chair Stand Test Score: points

Total Score (sum of all three scores): points