



Sit-to-Stand Transfer

5xSTS

[double-leg]

5 reps · captured 22 Apr 2026, 09:07 · demo-subject

NOTES

[FICTIONAL]: 79 y/o female, community-dwelling, referred for sit-to-stand assessment following a fall at home 6 weeks ago while rising from a low armchair.

No fracture sustained; mild bruising to the hip resolved. Lives alone, independent with all activities of daily living, uses no assistive device for ambulation. Reports feeling "less steady" when standing up quickly since the fall and has started using armrests for support more consistently.

Medical history includes mild osteoarthritis in both knees, managed with occasional over-the-counter analgesics.

No recent changes in medication. Patient denies dizziness, lightheadedness, or vision changes associated with standing. Family has expressed concern about safety living alone and has requested this assessment to help guide decisions about home supports.

Goal for this session is to assess sit-to-stand strength, speed, and movement strategy, and to determine fall risk and appropriateness of current living situation and support recommendations.

METRIC OVERVIEW

5xSTS time (s)

10.5 s



Repetition time (s)

0.58 s



Peak COM vertical velocity (m/s)

1.08 m/s



Peak COM forward velocity (m/s)

0.67 m/s



Peak trunk flexion (deg)

55.9°



Foot placement vs COM (cm)

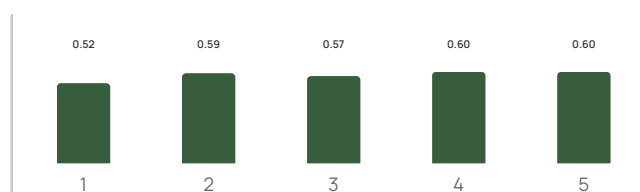
4.00 cm



PER-REP CHART

Repetition time (s)

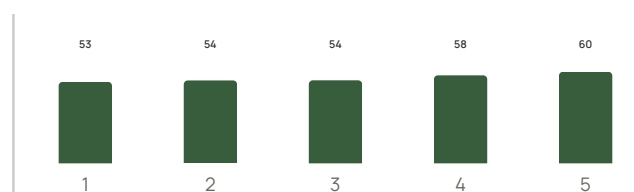
0.58 s



PER-REP CHART

Peak trunk flexion (deg)

55.9°



DETAILED RESULTS

METRIC	REP 1			REP 2			REP 3			REP 4			REP 5		
	L	R	ASYM	L	R	ASYM	L	R	ASYM	L	R	ASYM	L	R	ASYM
Repetition time (s)	0.52 s			0.59 s			0.57 s			0.60 s			0.60 s		
5xSTS time (s)	10.5 s			—			—			—			—		
Peak COM forward velocity (m/s)	—			0.7 m/s			0.7 m/s			0.7 m/s			0.7 m/s		
Peak COM vertical velocity (m/s)	1.1 m/s			1.1 m/s			1.0 m/s			1.1 m/s			1.1 m/s		
Peak trunk flexion (deg)	53 °			54 °			54 °			58 °			60 °		
Foot placement vs COM (cm)	4 cm			5 cm			6 cm			3 cm			1 cm		

MEDIA

