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|  <small>Canadian Longitudinal Study on Aging Étude longitudinale canadienne sur le vieillissement</small> | Title: | Chair Rise Test | | |
| | Version Date: | 2017-FEB-16 | Document Number: | SOP_DCS_0024 |
| | Effective Date: | 2017-MAY-15 | | |
| Data Collection Site (DCS) | Version: | 1.3 | Number of Pages: | 4 |

1.0 Purpose:

The purpose of this document is to describe the standardized procedure for administering the chair rise test.

2.0 Scope:

This document is to be used by the DCS staff when administering the chair rise test to a study participant.

3.0 Responsibilities:

It is the responsibility of the DCS staff to perform the procedures as described in the current and approved version of the standard operating procedure.

4.0 Related Documents:

Not applicable

5.0 Definitions:

Not applicable

6.0 Equipment:

Not applicable


7.0 Supplies:

- Chair without arm rests; and,
- Validated stopwatch.

8.0 Procedure Steps:

Contraindications:

- The participant is unable to stand or rise from a chair unassisted (Contraindications Questionnaire).


Important: Positioning/placement of the participant is critical to the reproducibility and comparison, between visits, for this test. Critical steps marked with 


Before starting the test, be sure to place the back of the chair right up against a wall to prevent movement during the test.

Step 1: At the *Interview Tab* in Onyx, look for ‘Chair Rise’ in the list of stages. Then select **Start** in that row.

Step 2: The “Chair Rise: Start” window will pop up.

Step 3: **Scan** the Participant ID barcode then click on **Continue**.

Step 4:  Explain the procedure in full and demonstrate the test to the participant. Demonstrate the technique by standing up and sitting down one time, returning completely to the correct starting position.

 Inform the participant that improper technique (such as not standing completely upright, not sitting all the way back down, lifting feet off the floor, etc.) will not be counted.

Step 5: Allow the participant one practice trial before conducting the test.

Step 6: Ask the participant to sit as far back in the chair as possible. The position of the participant should be as follows:

The participant's feet should be positioned approximately hip distance apart and planted firmly on the floor for support.

The back of the participant's legs should be positioned away from the chair.

The participant's knees should be bent at a 90 degree angle with his/her arms crossed over his/her chest.

The participant should not use their hands to get up.

NOTE: An individual of average or taller height will be able to sit with his/her back against the back of the chair, while someone of shorter height will not be able to touch the back of the chair. Shorter participants are not required to touch the back of the chair during testing as doing so will affect their proper starting position.




Figure 1.0: Example of the proper seated and standing position

Step 7: Click **Next** in Onyx.

Step 8: Inform the participant that the timed assessment will begin on the command, "Ready, Set, Go," and on this command, the participant is to stand up and sit back down five times as quickly and safely as possible, with no rest in between.

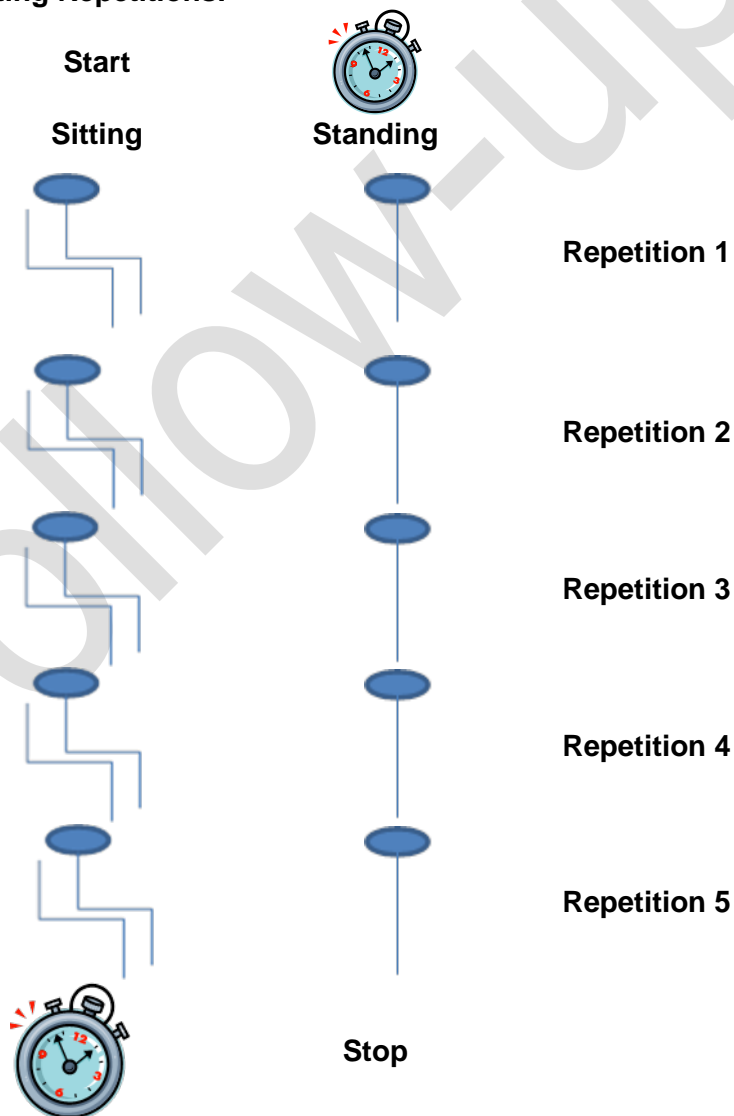
Step 9: The DCS research staff member will begin timing by starting the stopwatch

immediately after speaking the command "**Ready, Set, Go.**"  Count each chair stand out loud when the participant is in the standing position. Offer positive encouragement to the participant throughout the test.

NOTE: See additional instructions for counting repetitions after **Step 15**.

- Step 10:** On the 5th repetition, **Stop** the stopwatch while the participant is in the standing position.
- Step 11:** **Record** the number of rises and the time of the five true trials and the time for them (i.e., do not record results from the practice trial).
- Step 12:** Click **Next**. The conclusion screen will appear indicating that you have completed the measurements.
- Step 13:** Click **Finish**. The “Chair Rise: Finish” window will pop up.
- Step 14:** Indicate in the **comment** field in Onyx if there was anything that may have affected or influenced the measurement. Ensure that comments do not contain any personally identifying information.
- Step 15:** Click **Continue** to return to the status page.

Counting Repetitions:



9.0 Documentation and Forms:

- **CRF_DCS_0024** – Chair Rise Case Report Form

10.0 References:

- Tufts University Nutrition Collaborative [Internet]. Chair stand test [updated 2009 Sep 14]. Available from: <http://cdaar.tufts.edu/protocols/Chair-stand.pdf>
- Top End Sports [Internet]. [location unknown]; c1997-2011. Chair stand test [Updated 2011 Oct 21]. Available from: <http://www.topendsports.com/testing/tests/chair-stand.htm>
- Rikli RE, Jones CJ. Senior Fitness Test Manual [Internet]. Champaign (IL): Human Kinetics; c2001. Integrated Fitness - Older Adult Protocol; 2011 June 30 [updated July 29 2011]. Available from: <https://www.phenxtoolkit.org/index.php?pageLink=browse.protocoldetails&id=150202>
- Ávila-Funes JA, Gray-Donald K, Payette H. Association of nutritional risk and depressive symptoms with psychical performance in the elderly: The Quebec Longitudinal Study of Nutrition as a Determinant of Successful Aging (NuAge). J Am Coll Nutr. 2008; 27(4):492-8.

F1 Revision History:

| New Version # | Revision Date | Revision Author | Content Approval |
|---|---------------|-----------------|------------------|
| 1.3 | 2017-FEB-15 | Lorraine Moss | Mark Oremus |
| Summary of Revisions | | | |
| Updated the continuous repetitions example. | | | |