**Physical Frailty**

1. *Seated forward bend stretch (Flexibility)*

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| --- | --- | --- |
|  | Age specific averages | |
| Age (years) | Male (cm) | Female (cm) |
| 60-64 | 37.9 | 41.68 |
| 65-69 | 37.68 | 40.67 |
| 70-74 | 36.03 | 39.77 |
| 74-79 | 34.81 | 37.93 |

1. *Grip of hand (Strength)*

|  |  |  |
| --- | --- | --- |
|  | Age specific averages | |
| Age (years) | Male (kg) | Female (kg) |
| 60-64 | 42.85 | 26.31 |
| 65-69 | 39.98 | 25.20 |
| 70-74 | 37.36 | 23.82 |
| 75-79 | 35.07 | 22.49 |

1. *Functional reach test (Balance)*

Average value=25-30cm

|  |  |
| --- | --- |
| Risk of Fall Prediction | |
| Candidate status | Measured distance (cm) |
| Non-Frail elderly | Moderate risk: 20-25  High risk: <20 |
| Frail elderly | High risk: <18.5 |
| Hemiplegic patients | High risk: <15 |
| Parkinson patients | High risk: <31.75 |

1. Standing on one leg eye open (Equilibrium ability)

|  |  |  |
| --- | --- | --- |
|  | Target value | Others |
| Age (years) | Time (s) | Time (s) |
| 60 -79 | 70 | <20 Risk of fall  <15 Risk of locomotor instability |
| 80~ | 10 |  |

1. *Walking speed at 5-meter walk (Ability to walk)*

|  |  |
| --- | --- |
| Time(sec) | Status |
| <=5 | Normal |
| >5 | Unable to cross the crosswalk |
| >=6.2 | High risk of fall |

1. *Time up and go (Ability to move)*

|  |  |
| --- | --- |
| Time (sec) | Status |
| <11 | Normal |
| >=11 | Musculoskeletal disability |
| >=13.5 | Risk of fall |
| >=30 | Assistance required for daily activities |