**Physical Frailty**

1. *Seated forward bend stretch (Flexibility)*

|  |  |  |
| --- | --- | --- |
|  | 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)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Normal | | Low | |
| Age (years) | Male (kg) | Female (kg) | Male (kg) | Female (kg) |
| 60-64 | >=30.2 | >=17.2 | <30.2 | <17.2 |
| 65-69 | >=28.2 | >=15.4 | <28.2 | <15.4 |
| 70-99 | >=21.3 | >=14.7 | <21.3 | <14.7 |

Reference value source: <https://www.topendsports.com/testing/norms/handgrip.htm>

1. *Functional reach test (Balance)*

|  |  |  |
| --- | --- | --- |
|  | Normal | Low |
| Candidate status | Measured distance (cm) | Measured distance (cm) |
| Non-Frail elderly | >=20 | <20 |
| Frail elderly | >=18.5 | <18.5 |
| Hemiplegic patients | >=15 | <15 |
| Parkinson patients | >=31.75 | <31.75 |

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

|  |  |  |
| --- | --- | --- |
|  | Normal | Low |
| Age (years) | Time (s) | Time (s) |
| 60 -79 | >=20 | <20 |
| 80~ | >=10 | <10 |

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

<=5 sec Normal

>5 sec Increase the risk of falling.

>=6.2 sec Greatly reduced

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

<=11 sec Normal

>11 sec Low, increased risk of falling