Protocol ID: _____

Study Name: _____

Site: _____

Event Name: _____

Event Date: _____

Study Subject ID:_____

Interviewer Name:_____

Interview Date:_____

BLSA LE Physical Performance - Ver. 1.0

Section Title: Chair Stands
Instructions:

Date Completed   Tester ID   ☐ Blank

SINGLE CHAIR STAND

<u>Describe</u>: "This is a test of strength and stability in your legs in which you stand up from a chair without using your arms."

<u>Demonstrate and say</u>: "Fold your arms across your chest, like this, and stand when I say GO, keeping your arms in this position. Any Questions?"

<u>Test</u>: "Ready, Go?"

○ Participant refused (includes no time/no tester) ---> Go to standing balance   Click to deselect entry

○ Not attempted unable ---> Go to standing balance

○ Attempted unable to stand ---> Go to standing balance

○ Rises using arms ---> Go to standing balance

○ Stands without using arms ---> Go to repeated chair stands

REPEATED CHAIR STANDS

<u>Describe</u>: "This time I want you to stand up ten times <u>as quickly as you can</u> keeping your arms folded across your chest."

<u>Demonstrate and say</u>: "When you stand up, <u>come to a full standing position each time</u>, and when you sit down, <u>sit all the way down each time</u>. I will demonstrate two chair stands to show you how it is done." *Examiner Note: Rise two time as quickly as you can, counting as you sit down each time."*

<u>Test</u>: "When I say GO stand ten times in a row, <u>as quickly as you can, without stopping. Stand up all the way and sit all the way down each time.</u>.
Ready, Go!"

Examiner note: Start timing as soon as you say "GO". Count: "1, 2, 3, 4, 5, 6, 7, 8, 9, 10" as the participant sits doen each time. <u>Remember</u> to take a split time after 5 stands completed.

○ Participant refused (includes no time/no tester) ---> Go to standing balance   Click to deselect entry

○ Not attempted unable ---> Go to standing balance

○ Attempted unable to complete 5 stands ---> Go to Number completed

○ Completed 5 but not 10 stands ---> Go to Number Completed and Enter time for 5 stands

○ Completes 10 stands without using arms ---> Record time

Attempted, Unable to complete 5   ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
stands - <u>Number completed</u>

Completes 5, but not 10 stands -   ☐ 5* ☐ 6 ☐ 7 ☐ 8 ☐ 9
<u>Number completed</u>**

Enter time for **5** stands**   (Seconds.Hundredths)

Enter time for **10** stands   (Min)   (Seconds.Hundredths)

Protocol ID: _____

Study Name: _____

Site: _____

Event Name: _____

Event Date: _____

Study Subject ID:_____

Interviewer Name:_____

Interview Date:_____

Section Title: Standing Balance
Instructions:

Date Completed   Tester ID

INTRODUCTION: "I am going to ask you to stand in several different positions that test your balance. I'll demonstrate each position and then ask you to try to stand in each position for up to 30 seconds. I'll stand next to you to provide support if you lose your balance. Do you have any questions?"

SIDE-BY-SIDE-STAND

Describe: "First I would like you to try to stand with your feet together, side-by-side, for 10 seconds."

Demonstrate and say: You can use your arms, bend your knees or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Examiner Note: Allow the participant to hold onto your arm to get balanced.

Test: "Hold onto my arm whild you get in positon. When you are ready, let go."

Examiner Note: Start timing when the participant lets go or when they are in position.

- ○ Participant refused (includes no time/no tester) ---> Go to 6 meter walks   Click to deselect entry
- ○ Not attempted unable ---> Go to 6 meter walks
- ○ Unable to attain position or hold for one second ---> Go to 6 meter walks
- ○ Holds for less than 10 seconds ---> Go to 6 meter walks
- ○ Holds for 10 seconds --->Go to semi-tandem stand

SEMI-TANDEM STAND

Describe: "Now I would like you to try to stand with the side of the heel of one foot touching the big toe of the other foot for 30 seconds. Please watch while I demonstrate."

Demonstrate and say: "You may put either foot in front. You can use your arms and body to maintain your balance. Try to hold your feet in position until I say stop. If you lose your balance, take a step like this."

Examiner Note: Allow the participant to hold onto your arm to get balanced.

Test: "Hold onto my arm while you get in position. When you are ready, let go."

Examiner Note: Start timing when the participant lets go or when they are in position.

○ Participant refused (includes no time/no tester) ---> Go to 6 meter walks   Click to deselect entry

○ Not attempted unable ---> Go to 6 meter walks

○ Unable to attain position or hold for one second ---> Go to 6 meter walks

○ Holds position for less than 10 seconds ---> Record time ---> Go to 6 meter walks

○ Holds position for 10 but less than 30 seconds ---> Record time ---> Go to tandem stand

○ Holds position for 30 seconds ---> Go to tandem stand

Holds position for less than 10   (Seconds.Hundredths)
seconds: Time

Holds position for 10 but less than   (Seconds.Hundredths)
30 seconds: Time

TANDEM STAND

<u>Describe</u>: *"Now I would like you to try to stand with the heel of one foot in front of and touching the toes of the other foot for 30 seconds. Please watch while I demonstrate."*

<u>Demonstrate and say</u>: *"You may put either foot in front. You can use your arms and body to maintain your balance. Try to hold your feet in position until I say stop. If you lose your balance, take a step like this."*

Examiner Note: Allow the participant to hold onto your arm to get balanced.

<u>Test</u>: *"Hold onto my arm while you get in position. When you are ready, let go."*

Examiner Note: Start timing when the participant lets go or when they are in position.

<u>*Trial 1*</u>
Trial 1   ○ Participant refused (includes no time/no tester) ---> Go to 6 meter walks   Click to deselect entry

○ Not attempted unable ---> Go to 6 meter walks

○ Unable to attain position or hold for one second ---> Go to 6 meter walks

○ Holds position for less than 10 seconds ---> Record time ---> Go to Trial 2

○ Holds position for 10 but less than 30 seconds ---> Record time ---> Go to Trial 2

○ Holds position for 30 seconds ---> Go to one-leg stand

Holds position for less than 10   (Seconds.Hundredths)
seconds: Time

Holds position for 10 but less than   (Seconds.Hundredths)
30 seconds: Time

<u>*Trial 2*</u>

<u>Say</u>: *"Let's try this one more time."*

Trial 2
     ○ Participant refused (includes no time/no tester) ---> Go to 6 meter walks   Click to deselect entry

     ○ Not attempted unable ---> Go to 6 meter walks

     ○ Unable to attain position or hold for one second ---> Go to 6 meter walks

     ○ Hold position for less than 10 seconds ---> Record time ---> Go to 6 meter walks ---> Mark unable One Leg Stand

     ○ Holds position for 10 but less than 30 seconds ---> Record time ---> Go to 6 meter walks ---> Mark unable One Leg Stand

     ○ Holds position for 30 seconds ---> Go to one-leg stand

Holds position for less than 10 seconds: Time   (Seconds.Hundredths)

Holds position for 10 but less than 30 seconds: Time   (Seconds.Hundredths)

ONE-LEG STAND

Trial 1

Describe: "For the last position, I would like you to try to stand on one leg for 30 seconds. You may stand on either leg. Please watch while I demonstrate."

Demonstrate and say: "Try to hold your foot up until I say stop. You can use your arms and body to maintain your balance. If you lose your balance,put your foot down."

Examiner Note: Allow the participant to hold onto your arm to get balanced."

Test: "Hold onto my arm while you get in position. When you are ready, let go."

Examiner Note: Start timing when the participant lets go or when they are in position.

Trial 1
     ○ Participant refused (includes no time/no tester) ---> Go to 6 meter walks   Click to deselect entry

     ○ Not attempted unable ---> Go to 6 meter walks

     ○ Unable to attain position or hold for one second ---> Go to 6 meter walks

     ○ Holds position for one but less than 30 seconds ---> Record time ---> Go to Trial 2

     ○ Holds position for 30 seconds ---> Go to 6 meter walks

Holds position for one but less than 30 seconds: Time   (Seconds.Hundredths)

Trial 2

Say: "Let's try this one more time."

Trial 2
     ○ Participant refused (includes no time/no tester) ---> Go to 6 meter walks   Click to deselect entry

     ○ Not attempted unable ---> Go to 6 meter walks

     ○ Unable to attain position or hold for one second ---> Go to 6 meter walks

     ○ Holds position for one but less than 30 seconds ---> Record time ---> Go to Trial 2

     ○ Holds position for 30 seconds ---> Go to 6 meter walks

Holds position for one but less   (Seconds.Hundredths)
than 30 seconds: Time

Protocol ID: _____

Study Subject ID:_____

Study Name: _____

Interviewer Name:_____

Site: _____

Interview Date:_____

Event Name: _____

Event Date: _____

Section Title: 6 Meter Walks
Instructions:

Date Completed   Tester ID

Measured Meters   ○ Four meters ○ Three meters ○ No three meter space available

INTRODUCTION: "I'm going to ask you to do a series of 3 short walks over this 6 meter course. First, I want you to walk down the hall at your normal walking pace, ignoring the colored liens. For the second walk, I will ask you to walk as quickly as possible. For the third walk, I will ask you to walk keeping your feet inside the lines. I will ask you to do each walk 2 times. Do you have any questions?"

USUAL PACE

Describe: "Let's begin with the normal pace walk."

Demonstrate and say: "Place your feet with your toes behind, but just touching the starting line, like this. Please walk at your normal pace ignoring the colored lines."

Examiner note: Demonstrate and return. Say:

"Walk a few steps past the finish line. Any questions?"

Examiner note: To start the test help the participant into position then drop your arm and say:

Test: "Ready? Go."

Trial 1
Trial 1   ○ Participant refused (Includes no time/no tester) ---> End performance testing   Click to deselect entry
                           ○ Not attempted unable to walk ---> End performance testing
                           ○ Completes with walking aid ---> Record Time ---> Go to Trial 2
                           ○ Completes without walking aid ---> Record Time ---> Go to trial 2

Completes with walking aid: Time   (Seconds.Hundredths)

Completes without walking aid: (Seconds.Hundredths)
Time

Trial 2

Trial 2

○ Participant refused (Includes no time/no tester) ---> End performance testing   Click to deselect entry

○ Not attempted unable to walk ---> End performance testing

○ Completes with walking aid ---> Record Time ---> Go to Fast Walk

○ Completes without walking aid ---> Record Time ---> Go to Fast Walk

Completes with walking aid: Time   (Seconds.Hundredths)

Completes without walking aid: (Seconds.Hundredths)
Time

FAST PACE

Describe: "Let's begin with the fast pace walk."

Demonstrate and say: "Place your feet with your toes behind, but just touching the starting line. When I say, "Go", please walk as fast as you can (ignoring the colored lines). Remember to walk a few steps past the finish line. Any questions?"

Examiner note: To start the test help the participant into position then drop your arm and say:

Test: "Ready? Go."

Trial 1

Trial 1

○ Participant refused (Includes no time/no tester) ---> End performance testing   Click to deselect entry

○ Not attempted unable to walk ---> End performance testing

○ Completes with walking aid ---> Record Time ---> Go to Trial 2

○ Completes without walking aid ---> Record Time ---> Go to trial 2

Completes with walking aid: Time   (Seconds.Hundredths)

Completes without walking aid: (Seconds.Hundredths)
Time

Trial 2

Trial 2

○ Participant refused (Includes no time/no tester) ---> End performance testing   Click to deselect entry

○ Not attempted unable to walk ---> End performance testing

○ Completes with walking aid ---> Record Time ---> Go to Narrow Walk

○ Completes without walking aid ---> Record Time ---> Go to Narrow Walk

Completes with walking aid: Time   (Seconds.Hundredths)

Completes without walking aid: (Seconds.Hundredths)
Time

NARROW (20 CM) WALK

Describe: "Not it's time to do the narrwo walk. For this walk it is important for you to try to keep your feet inside the lines."

Demonstrate and say: "Place your feet with your toes behind the starting line, as before. This time please try to walk the course without touching or steppping on the colored lines. Remember to walk a few steps past the finish line. Any questions?"

Examiner note: To start the test help the participant into position then drop your arm and say:

Test: Ready? Go."

Examiner note: To be counted as a "good" test, the participant cannot step on or outside the lines more than two times over 6 meters. Conduct up to 3 trials to obtain 2 valid times.

Trial 1
Trial 1

○ Participant refused (Includes no time/no tester) ---> End performance testing   Click to deselect entry

○ Not attempted unable to walk unaided ---> End performance testing

○ Invalid test stepped on line 3 times ---> Go to Trial 2

○ Valid test ---> Record Time ---> Go to trial 2

Valid test: Time   (Seconds.Hundredths)

Trial 2
Trial 2

○ Participant refused (Includes no time/no tester) ---> End performance testing   Click to deselect entry

○ Not attempted unable to walk unaided ---> End performance testing

○ Invalid test stepped on line 3 times ---> Go to Trial 3

○ Valid test ---> Record Time ---> Go to trial 3 or end

Valid test: Time   (Seconds.Hundredths)

Trial 3
Trial 3

○ Participant refused (Includes no time/no tester) ---> End performance testing   Click to deselect entry

○ Not attempted unable to walk unaided ---> End performance testing

○ Invalid test stepped on line 3 times ---> End testing

○ Valid test ---> Record Time ---> End

Valid test: Time   (Seconds.Hundredths)

Protocol ID: _____

Study Name: _____

Site: _____

Event Name: _____

Event Date: _____

Study Subject ID:_____

Interviewer Name:_____

Interview Date:_____

Section Title: Chair Stands
Instructions: