# Physical Performance Test

Scoring Sheet

			Time	Scoring	s	core
L	Write a sentence. (Whales live in the blue ocean.)	Seconds.		10.5-15 sec 15.5 - 20 sec >20 sec	- 4 - 3 - 2 - 1	
2.	Simulated cuting	Seconds		≤ 10 sec 10.5-15 sec 15.5 - 20 sec >20 sec	- 4 - 3 - 2 - 1	
3.	Lift a book and put it on a shelf Book PDR 1988: 5.5 lbs Bed height 59 cm Shelf height 118 cm All sitting with feet on floor	Seconds		≤ 2 sec 2.5- 4 sec 4.5 - 6 sec > 6 sec	-4 -3 -2 -1 -0	
4.	Put on and remove a jacket  1. Standing 2. Use of bathrobe; button down shirt; hospital gown.	Seconds		10.5-15 sec 15.5 - 20 sec >20 sec	-4 -3 -2 -1	
5.	Pick up a penny from floor.	Seconds		≤ 2 sec 2.5- 4 sec 4.5 - 6 sec > 6 sec	- 4 - 3 - 2 - 1	
6.	Turn 360 degrees		Discontinuous steps = 0 Continuous steps = 2 Unsteady (grabs, staggers) = 0 Steady = 2		-2	
7.	50-foot walk test. Starting sitting for instructions.	Seconds	Sid	≤ 15 sec 15.5- 20 sec 20.5 - 25 sec >25 sec	- 4 - 3 - 2 - 1	
8.	Climb one flight of stairs.*	Seconds		5.5- 10 sec 10.5 - 15 sec >15 sec	- 4 - 3 - 2 - 1	
9.	Climb stairs.+		Number of I	Number of flights of stairs up and down (maximum 4)		
	TOTAL SCORE (maximum 36 for nine-item, 28 for seven-item)					
	(*Round time measurements to nearest 0.5 seconds.) (* omit for 7 item test)			9-item score		

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**Victor M. Corman** 

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