

SHORT PHYSICAL PERFORMANCE BATTERY



The **Short Physical Performance Battery (SPPB)** is a simple test used to assess lower body strength, balance, and mobility, particularly in older adults. It helps identify a person's risk of falls, frailty and functional decline.

Chair Stand Test	Balance Test	Walking Speed Test
<p><u>SINGLE CHAIR STAND TEST (HANDS ACROSS CHEST)</u></p> <p>Yes / No (or need to use hand to stand up)</p> <p><u>5 CHAIR STANDS TEST (SECONDS)</u> Scoring repeated chair test:</p> <ul style="list-style-type: none"> Participants unable to complete 5 chair stands or completes stands in more than 60s - 0 POINTS Completes 5 chair stands in 16.7s or more - 1 POINT Completes 5 chair stands in 13.7s - 16.69s - 2 POINTS Completes 5 chair stands in 11.2s - 13.69s - 3 POINTS Completes 5 chair stands in 11.19s or less - 4 POINTS 	<p><u>SIDE BY SIDE STAND</u></p> <ul style="list-style-type: none"> Held for 10s - 1 POINT Held for less than 10s - 0 POINTS Not attempted - 0 POINTS <p><u>SEMI TANDEM STAND</u></p> <ul style="list-style-type: none"> Held for 10s - 1 POINT Held for less than 10s - 0 POINTS Not attempted - 0 POINTS <p><u>TANDEM STAND</u></p> <ul style="list-style-type: none"> Held for 10s - 2 POINTS Held for 3s - 9.99s - 1 POINTS Held for less than 3s - 0 POINTS Not attempted - 0 POINTS 	<p><u>4 METRE WALK</u></p> <ul style="list-style-type: none"> Unable to walk - 0 POINTS <p>If time is:</p> <ul style="list-style-type: none"> More than 8.7s - 1 POINT 6.21s to 8.7s - 2 POINTS 4.82s to 6.2s - 3 POINTS Less than 4.82s - 4 POINTS
<p>TOTAL SCORE:</p>		

FINAL SCORE AND INTERPRETATION

The scores from the three parts are added together, giving a total score between 0 and 12.

- 0 - 4 points: High fall risk, severe mobility limitations**
- 5 - 8 points: Moderate mobility limitations**
- 9 - 12 points: Good physical function**



In general, higher scores mean better mobility and independence, while lower scores show a greater risk of falls and disability.