

Patient/Resident:

Functional Outcome Test Flow Sheet Sit to Stand and 4 Square Step Test

Date Test Performed							
Sit to Stand							
Comments							
4 Square Step Test							
Comments							
Therapist:							

Test Norms:

Sit to Stand (10x)		
Male	Age	Female
8-14 sec	20-45	11-15 sec
15 sec	45-50	16 sec
17 sec	50-60	18 sec
18 sec	60-70	19 sec
20 sec	70-80	21 sec
Risk For Falls		
Low Risk		<20 seconds
Moderate Risk		20-28 seconds
High Risk		>28 seconds

4 Square Step Test
Risk for falls if >15 seconds to complete test or if edges of box are touched

Comments / Notes: