BLSA ID  Visit No.  **LEPTID1** Tester ID  Date Completed **LEPDT1**

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**BLSAID**

# CHAIR STANDS

## 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!"

**LEP1** Participant refused ○ **7** ——————→ | Go to standing balance |
Not attempted, unable ○ **0** ——————→ | Go to standing balance |
Attempted, unable to stand ○ **2** ——————→ | Go to standing balance |
Rises using arms ○ **3** ——————→ | Go to standing balance |
Stands without using arms ○ **1** ——————→ | 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 times 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 down each time. <u>Remember</u> to take a split time after 5 stands completed.*

**LEP2**  Participant refused ○ **7** ——→ | Go to standing balance |
Not attempted, unable ○ **0** ——→ | Go to standing balance |
Attempted, unable to complete 5 stands ○ **2** ——→ Number completed  ⓪①②③④
Completes 5, but not 10 stands ○ **3** ——→ Number completed  ⑤⑥⑦⑧⑨**\***

**\*** | Enter time for **5** stands | ——→ ☐☐.☐☐ **LEP2B1**
*Seconds*  *Hundredths*

**LEP2C1**  **\***
Completes 10 stands without using arms ○ **1** ——→ ☐:☐☐.☐☐ **LEP2C2**
*Mins  Seconds  Hundredths*

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# STANDING BALANCE

**INTRODUCTION:** "I'm going to ask you 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 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.*

**LEP3**

| | |
|---|---|
| Participant refused ○**7** ⟶ | Go to 6 meter walks |
| Not attempted, unable ○**0** ⟶ | Go to 6 meter walks |
| Unable to attain position or hold for one second ○**2** ⟶ | Go to 6 meter walks |
| Holds for less than 10 seconds ○**3** ⟶ | Go to 6 meter walks |
| Holds for 10 seconds ○**1** ⟶ | 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.*

**LEP4**

| | |
|---|---|
| Participant refused ○**7** ⟶ | Go to 6 meter walks |
| Not attempted, unable ○**0** ⟶ | Go to 6 meter walks |
| Unable to attain position or hold for one second ○**2** ⟶ | Go to 6 meter walks |
| Holds position less than 10 seconds ○**3** ⟶ **LEP4B** ☐☐ . ☐☐ *Seconds Hundredths* | Go to 6 meter walks |
| Holds position for 10, but less than 30 seconds ○**4** ⟶ ☐☐ . ☐☐ *Seconds Hundredths* **LEP4A** | Go to tandem stand |
| Holds position for 30 seconds ○**1** ⟶ | Go to tandem stand |

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# STANDING BALANCE

**TANDEM STAND**

Describe: "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."

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.*

**Trial 1**

**LEP5A**

| | | |
|---|---|---|
| Participant refused ○**7** | → | Go to 6 meter walks |
| Not attempted, unable ○**0** | → | Go to 6 meter walks |
| Unable to attain position or hold for one second ○**2** | → | Go to 6 meter walks |
| Holds position less than 10 seconds ○**3** | → **LEP5A2** ☐☐.☐☐ *Seconds  Hundredths* | Go to trial 2 |
| Holds position for 10, but less than 30 seconds ○**4** | → **LEP5A1** ☐☐.☐☐ *Seconds  Hundredths* | Go to trial 2 |
| Holds position for 30 seconds ○**1** | → | Go to one-leg stand |

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

**Trial 2**

**LEP5B**

| | | |
|---|---|---|
| Participant refused ○**7** | → | Go to 6 meter walks |
| Not attempted, unable ○**0** | → | Go to 6 meter walks |
| Unable to attain position or hold for one second ○**2** | → | Go to 6 meter walks |
| Holds position less than 10 seconds ○**3** | → **LEP5B1** ☐☐.☐☐ *Seconds  Hundredths* | Go to 6 meter walks |
| Holds position for 10, but less than 30 seconds ○**4** | → **LEP5B2** ☐☐.☐☐ *Seconds  Hundredths* | Go to 6 meter walks |
| Holds position for 30 seconds ○**1** | → | Go to one-leg stand |

# STANDING BALANCE

**ONE-LEG STAND**

<u>Describe</u>: "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."

<u>Demonstrate and say</u>: "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.***

<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.***

## Trial 1

**LEP6A**

Participant refused ○**7** ——————→ Go to 6 meter walks

Not attempted, unable ○**0** ——————→ Go to 6 meter walks

Unable to attain position or hold for one second ○**2** ——————→ Go to 6 meter walks

**LEP6A1**

Holds position for one, but less than 30 seconds ○**3** →　[　][　].[　][　]　Go to trial 2

*Seconds　Hundredths*

Holds position for 30 seconds ○**1** ——————→ Go to 6 meter walks

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

## Trial 2

**LEP6B**

Participant refused ○**7** ——————→ Go to 6 meter walks

Not attempted, unable ○**0** ——————→ Go to 6 meter walks

Unable to attain position or hold for one second ○**2** ——————→ Go to 6 meter walks

**LEP6B1**

Holds position for one, but less than 30 seconds ○**3** →　[　][　].[　][　]　Go to 6 meter walks

*Seconds　Hundredths*

Holds position for 30 seconds ○**1** ——————→ Go to 6 meter walks

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# 6 METER WALKS

**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 lines. 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."
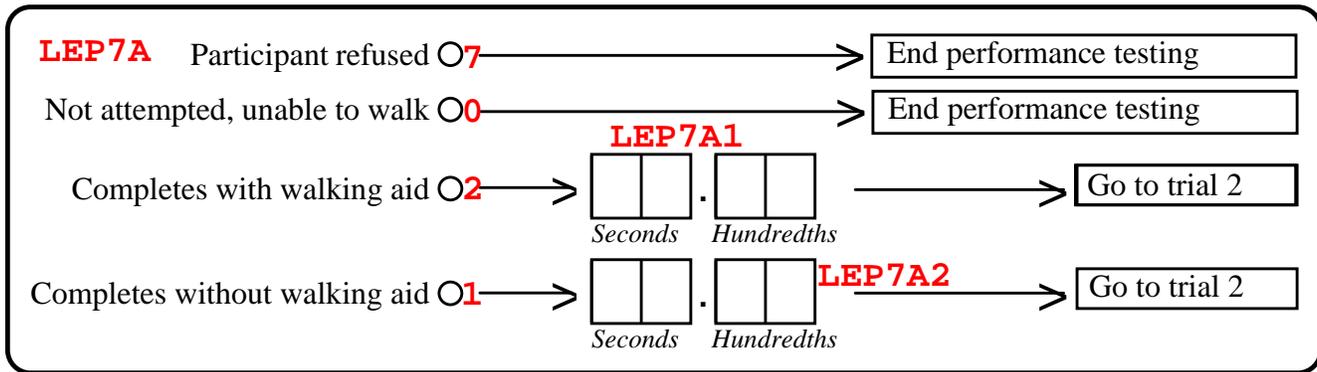
*Examiner note: Demonstrate and return. Say:*

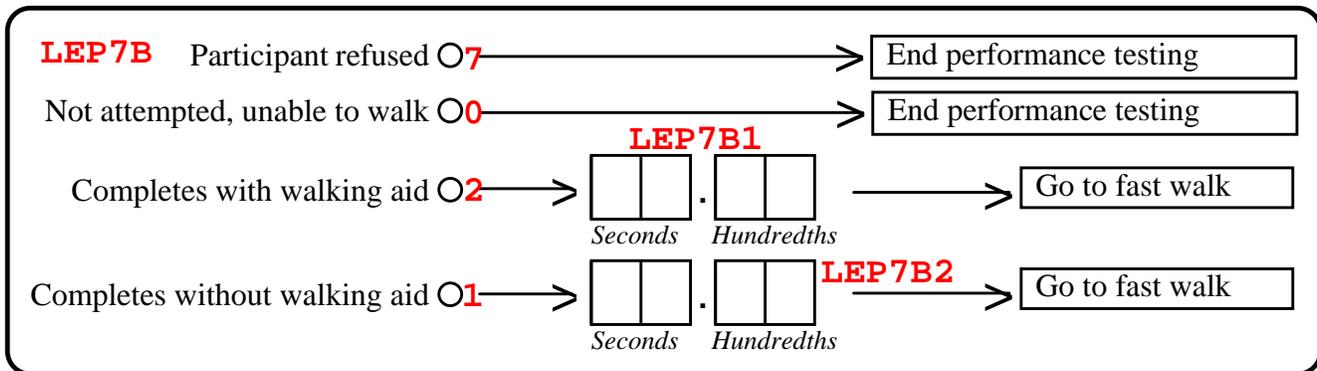"Walk a few steps past the finish line. Any questions?"

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

Test: "Ready? Go."

## Trial 1

**LEP7A**  Participant refused ○**7** ⟶ End performance testing

Not attempted, unable to walk ○**0** ⟶ End performance testing

**LEP7A1**

Completes with walking aid ○**2** ⟶ ☐☐.☐☐ ⟶ Go to trial 2
*Seconds   Hundredths*

Completes without walking aid ○**1** ⟶ ☐☐.☐☐ **LEP7A2** ⟶ Go to trial 2
*Seconds   Hundredths*

## Trial 2

**LEP7B**  Participant refused ○**7** ⟶ End performance testing

Not attempted, unable to walk ○**0** ⟶ End performance testing

**LEP7B1**

Completes with walking aid ○**2** ⟶ ☐☐.☐☐ ⟶ Go to fast walk
*Seconds   Hundredths*

Completes without walking aid ○**1** ⟶ ☐☐.☐☐ **LEP7B2** ⟶ Go to fast walk
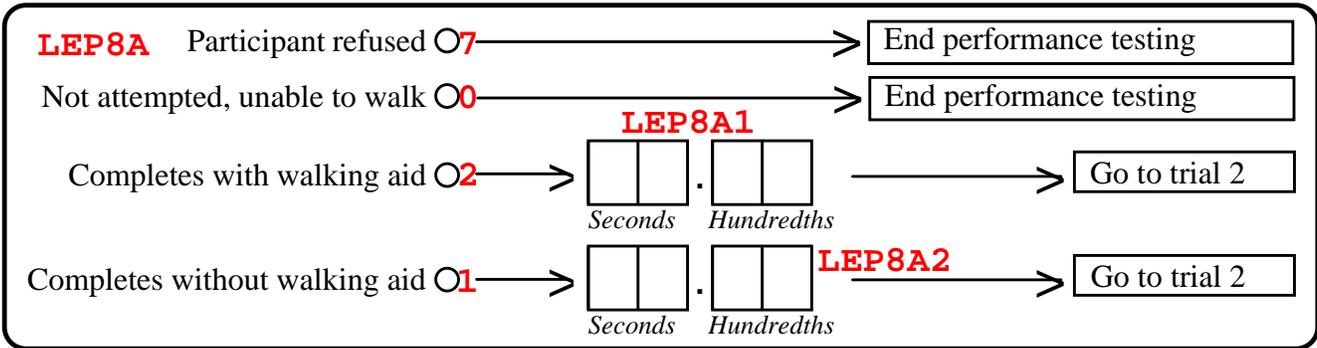*Seconds   Hundredths*

# 6 METER WALKS

**FAST PACE**

Describe: "Now let's do 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?"
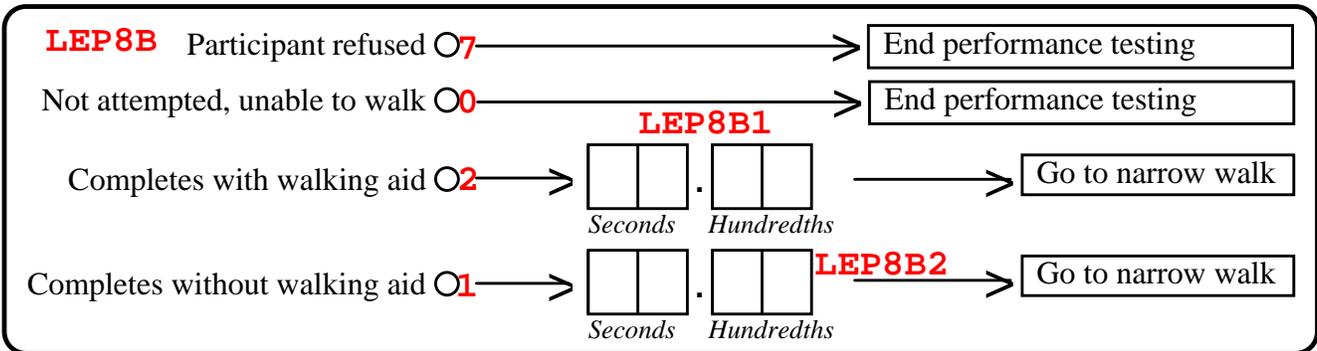
*Examiner note: To start the test help the participant into position then drop your arm and say*:

Test: "Ready? Go."

### Trial 1

**LEP8A**  Participant refused ○7 ──────→ End performance testing

Not attempted, unable to walk ○0 ──────→ End performance testing

**LEP8A1**

Completes with walking aid ○2 → [ ][ ].[ ][ ] ──────→ Go to trial 2
*Seconds  Hundredths*

Completes without walking aid ○1 → [ ][ ].[ ][ ] **LEP8A2** ──────→ Go to trial 2
*Seconds  Hundredths*

### Trial 2

**LEP8B**  Participant refused ○7 ──────→ End performance testing

Not attempted, unable to walk ○0 ──────→ End performance testing

**LEP8B1**

Completes with walking aid ○2 → [ ][ ].[ ][ ] ──────→ Go to narrow walk
*Seconds  Hundredths*

Completes without walking aid ○1 → [ ][ ].[ ][ ] **LEP8B2** ──────→ Go to narrow walk
*Seconds  Hundredths*

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# 6 METER WALKS

**NARROW (20 CM) WALK**

Describe: "Now it's time to do the narrow 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 stepping on the colored lines. Rememeber 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

**LEP9A**

Participant refused ○**7** ⟶ End performance testing

Not attempted, unable to walk unaided ○**0** ⟶ End performance testing

Invalid test, stepped on line 3 times ○**2** ⟶ Go to trial 2

**LEP9A1**

Valid test ○**1** ⟶ [ ][ ] . [ ][ ] ⟶ Go to trial 2
*Seconds    Hundredths*

## Trial 2

**LEP9B**

Participant refused ○**7** ⟶ End performance testing

Not attempted, unable to walk unaided ○**0** ⟶ End performance testing

Invalid test, stepped on line 3 times ○**2** ⟶ Go to trial 3

**LEP9B1**

Valid test ○**1** ⟶ [ ][ ] . [ ][ ] ⟶ Go to trial 3 or end
*Seconds    Hundredths*

## Trial 3

**LEP9C**

Participant refused ○**7** ⟶ End performance testing

Not attempted, unable to walk unaided ○**0** ⟶ End performance testing

Invalid test, stepped on line 3 times ○**2** ⟶ End testing

**LEP9C1**

Valid test ○**1** ⟶ [ ][ ] . [ ][ ] ⟶ End
*Seconds    Hundredths*

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