

Modified Physical Performance Test Scoring Sheet

Name:		Date:		
		Time (s)	Scoring	Score
1	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 the floor		≤ 2 sec = 4 2.1 - 4 sec = 3 4.1 - 6 sec = 2 >6 sec = 1 unable = 0	Trial 1: Trial 2:
2	Put on and remove a jacket. 1. Standing 2. Use of bath robe, button down shirt, hospital gown		<10 sec = 4 10.1 - 15 sec = 3 15.1 - 20 sec = 2 >20 sec = 1 unable = 0	Trial 1: Trial 2:
3	Pick up nickel from floor		≤ 2 sec = 4 2.1 - 4 sec = 3 4.1 - 6 sec = 2 >6 sec = 1 unable = 0	Trial 1: Trial 2:
4	50-foot walk test (3.28 feet/meter) 15.24 meters <15 sec = 3.33 feet/sec or 1.0m/sec		≤ 15 sec = 4 15.1 - 20 sec = 3 20.1 - 25 sec = 2 >25 sec = 1 unable = 0	Trial 1: Trial 2:
5	Climb one flight of stairs		≤ 5 sec = 4 5.1 - 10 sec = 3 10.1 - 15 sec = 2 >15 sec = 1 unable = 0	Trial 1: Trial 2:
6	Chair Rise (5x) without arms		<11 sec = 4 11.1-13.9 sec = 3 14-16.9 sec = 2 >17 sec = 1 unable = 0	Trial 1: Trial 2:
7	Climb 4 flights of stairs		Number of flights of stairs up and down (maximum of 4) Unable = 0	
8	Turn 360 degrees in direction of choice		Discontinuous steps = 0 Continuous steps = 2 Unsteady (grabs, staggers) = 0 Steady = 2	Discontinuous Continuous
9	Standing Balance in Full Tandem and Semi-Tandem	Full Tandem 4 10s 3 3-9s 2 0-2s 1 Unable 0 Unable	Semi-tandem 10s 10s 10s 0-9s 0-9s	Side-by-side 10s 10s 10s Full tandem:
TOTAL SCORE maximum 36				

Retyped with permission. Brown, Marybeth. The Physical Performance Tests. GeriNotes;5(4):7-11