

**Physical Performance Test
Scoring Sheet**

Physical Performance Test					
			Time	Scoring	Score
1	Write a sentence: (Whales live in a blue ocean)	Sec*		≤ 10 sec = 4 10.5 - 15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
2	Simulated Eating	Sec		≤10 sec = 4 10.5 - 15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
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 the floor	Sec		≤ 2 sec = 4 2.5 - 4 sec = 3 4.5 - 6 sec = 2 >6 sec = 1 unable = 0	
4	Put on and remove a jacket. 1. Standing 2. Use of bath robe, button down shirt, hospital gown	Sec		≤10 sec = 4 10.5 - 15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
5	Pick up penny from floor	Sec		≤ 2 sec = 4 2.5 - 4 sec = 3 4.5 - 6 sec = 2 >6 sec = 1 unable = 0	
6	Turn 360 degrees			Discontinuous steps = 0 Continuous steps = 2 Unsteady (grabs, staggers) = 0 Steady = 2	
7	50-foot walk test (3.28 feet/meter) 15.24 meters <15 sec = 3.33 feet/sec or 1.0m/sec	Sec		≤15 sec = 4 15.5 - 20 sec = 3 20.5 - 25 sec = 2 >25 sec = 1 unable = 0	
8	Climb one flight of stairs	Sec		≤5 sec = 4 5.5 - 10 sec = 3 10.5 - 15 sec = 2 >15 sec = 1 unable = 0	
9	Climb stairs			Number of flights of stairs up and down (maximum of 4)	
TOTAL SCORE (maximum 36 for nine-item; 28 for seven-item)					
*For time measurements, round to nearest 0.5 seconds				9 item score	

Retyped with permission. Reuben DB, Siu AL. An Objective Measure of Physical Function of Elderly Outpatients (The Physical Performance Test). *Journal of the American Geriatric Society* 1990;38(10):1105-1112