

Short Physical Performance Battery (SPPB)

PID:	<input style="width: 100%;" type="text"/>
Acrostic:	<input style="width: 100%;" type="text"/>
Visit:	<input style="width: 100%;" type="text"/>
Date Form Completed:	<input style="width: 100%;" type="text" value="mm/dd/yyyy"/>
Administration Type:	<div style="border: 1px solid black; padding: 2px;"> <ul style="list-style-type: none"> () (1) Self-administered (2) Mailed (3) Telephone (4) Interviewer-administered (5) Home (6) Administered to Proxy </div>
Administered by:	<input style="width: 100%;" type="text" value="STAFF II"/>
Language:	<div style="border: 1px solid black; padding: 2px;"> <ul style="list-style-type: none"> (1) English (2) Spanish (3) Navajo </div>

Balance Tests

Side-By-Side Stand

	<ul style="list-style-type: none"> (-9) (1) 1 -- Held for 10 sec (0.01) 0.01 -- Not held for 10 sec (Stop) (0.02) 0.02 -- Not attempted (Stop; enter reason below)
Score {sbss_scr} {float 8}	

Number of seconds held, if less than 10 sec: {sbss_sec} {varchar 2} . {sbss_dec} {varchar 2}

Semi-Tandem Stand

	<ul style="list-style-type: none"> (-9) (1) 1 -- Held for 30 sec (0.01) 0.01 -- Not held for 30 sec (Stop) (0.02) 0.02 -- Not attempted (Stop; enter reason below)
Score {sts_scr} {float 8}	

Number of seconds held, if less than 30 sec: {sts_sec} {varchar 2} . {sts_dec} {varchar 2}

Tandem Stand

Trial 1

	<ul style="list-style-type: none"> (-9) (2) 2 -- Held for 30 sec (Go to 1 leg stand) (1) 1 -- Held for 1 to 29 sec (Go to trial 2) (0.01) 0.01 -- Held for < 1 sec or unable to attain position (Stop) (0.02) 0.02 -- Not attempted (Stop; enter reason below)
Score {ts_scr1} {float 8}	

Number of seconds held if less than 30 sec: {ts_sec1} {varchar 2} . {ts_dec1} {varchar 2}

Trial 2

(-9)
 (2) 2 -- Held for 30 sec (Go to 1 leg stand)
 (1) 1 -- Held for 1 to 29 sec
 (0.01) 0.01 -- Held for < 1 sec or unable to attain position
 (0.02) 0.02 -- Not attempted (Stop; enter reason below)

Score {ts_scr2} {float 8}

Number of seconds held, if less than 30 sec: {ts_sec2} {varchar 2} . {ts_dec2} {varchar 2}

One Leg Stand

Trial 1

(-9)
 (2) 2 -- Held for 30 sec (Go to Gait Speed test)
 (1) 1 -- Held for 1 to 29 sec (Go to Trial 2)
 (0.01) 0.01 -- Held for < 1 sec or unable to attain position
 (0.02) 0.02 -- Not attempted (Stop; enter reason below)

Score {leg_scr1} {float 8}

Number of seconds held if less than 30 sec: {leg_sec1} {varchar 2} . {leg_dec1} {varchar 2}

Trial 2

(-9)
 (2) 2 -- Held for 30 sec (Go to Gait Speed test)
 (1) 1 -- Held for 1 to 29 sec
 (0.01) 0.01 -- Held for < 1 sec or unable to attain position
 (0.02) 0.02 -- Not attempted (Stop; enter reason below)

Score {leg_scr2} {float 8}

Number of seconds held if less than 30 sec: {leg_sec2} {varchar 2} . {leg_dec2} {varchar 2}

- (-9)
 (1) a -- Tried but unable
 (2) b -- Participant could not
 (3) c -- Not attempted,
 (4) d -- Not attempted,
 (5) e -- Participant unable
 (6) f -- Other (specify)
 (7) g -- Participant Refused

If participant did not attempt a balance test, select reason (page 6 on printed form): {lgnattmpt} {int 4}

Other (specify): {lgnosp} {varchar 100}

Gait Speed Tests

First Gait Speed Test

Time for 4 meters {gs_sec1} {varchar 2} .

(-9)
 (1) a -- None
 (2) b -- Cane
 (3) c -- Other

Aids used for first walk: {gs_aid1} {int 4}

Other (specify): {gs_asp1} {varchar 100}

- (-9)
- (1) a -- Tried but unable
- (2) b -- Participant could not walk u
- (3) c -- Not attempted, you felt unsi
- (4) d -- Not attempted, participant f
- (5) e -- Participant unable to under:
- (6) f -- Other (specify)
- (7) g -- Participant Refused

If participant did not attempt test, select reason and go to chair stand test: {gs_not1} {int 4}

Other (specify): {gs_nsp1} {varchar 100}

Second Gait Speed Test

Time for 4 meters {gs_sec2} {varchar 2} . {gs_dec2} {varchar 2}

- (-9)
- (1) a -- None
- (2) b -- Cane
- (3) c -- Other

Aids used for second walk: {gs_aid2} {int 4}

Other (specify): {gs_asp2} {varchar 100}

- (-9)
- (1) a -- Tried but unable
- (2) b -- Participant could not walk u
- (3) c -- Not attempted, you felt unsi
- (4) d -- Not attempted, participant f
- (5) e -- Participant unable to under:
- (6) f -- Other (specify)
- (7) g -- Participant Refused

If participant did not attempt test, select reason and go to chair stand test: {gs_not2} {int 4}

Other (specify): {gs_nsp2} {varchar 100}

Chair Stand Tests

Single Chair Stand Test:

- (-9)
- (1) 1 -- Yes
- (0) 0 -- No

Safe to stand without help: {scs_sfwo} {int 4}

- (-9)
- (1) a -- Participant stood without using arms (Go to Repeated Chair Stand Test)
- (2) b -- Participant used arms to stand (End test)
- (3) c -- Test not completed (End test)

Results: {scs_rslt} {int 4}

- (-9)
- (1) a -- Tried but unable
- (2) b -- Participant could not stand unassisted
- (3) c -- Not attempted, you felt unsafe
- (4) d -- Not attempted, participant felt unsafe
- (5) e -- Participant unable to understand instructions
- (6) f -- Other (specify)
- (7) g -- Participant Refused

If participant did not attempt test or failed, select reason: {scs_not} {int 4}

Other (specify): {scs_nsp} {varchar 100}

Repeated Chair Stand Test

- (-9)
- (1) 1 -- Yes
- (0) 0 -- No

Safe to stand five times {rcs_sf} {int 4}

Time to complete five stands {rcs_sec} {varchar 2} Seconds . {rcs_dec} {varchar 2} *(Only enter if participant cc*

- (-9)
- (1) a -- Tried but unable
- (2) b -- Participant could not stand unassisted
- (3) c -- Not attempted, felt unsafe
- (4) d -- Not attempted, participant felt unsafe
- (5) e -- Participant unable to understand instructions
- (6) f -- Other (specify)
- (7) g -- Participant Refused

If participant did not attempt test or failed, select reason: {rcs_not} {int 4}

Other (specify): {rcs_nsp} {varchar 100}

Short Physical Performance Battery (SPPB)

Patient ID	[affix ID label here]	Date Form Completed	<input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/>				
		Month	Day	Year			
Administration Type	<input type="text"/>	Visit Code	<input type="text"/> <input type="text"/> <input type="text"/>	Reviewed by	<input type="text"/> <input type="text"/>	Language	<input type="text" value="E"/>

All of the tests should be performed in the same order as they are presented in this protocol. Instructions to the participant are shown in bold should be given exactly as they are written in this script.

Now, let's begin the evaluation. I would now like you to try to move your body in different movements. I will first describe and show each movement to you. Then, I'd like you to try to do it. If you cannot do a particular movement, or if you feel it would be unsafe to try to do it, tell me and we'll move on to the next one. Let me emphasize that I do not want you to try to do any movement that you feel might be unsafe.

Do you have any questions before we begin?

Balance Tests:

The participant must be able to stand unassisted without the use of a cane or walker. You may help the participant to get up.



Side-By-Side Stand

Script:

Now I will show you the first movement.

(Demonstrate) I want you to try to stand with your feet together, side-by-side, for about 10 seconds.

You may 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.

Stand next to the participant to help him/her into the side-by-side position.

Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say, "Ready, begin."

Stop the stopwatch and say "Stop" after 10 seconds or when the participant steps out of position or grabs your arm.

If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.

Side-By-Side Score

1 Held for 10 seconds → Continue to next test

0.01 Not held for 10 seconds → Discontinue balance tests

0.02 Not attempted (check the reason on Page 6) → Discontinue balance tests

Number of seconds held if less than 10 seconds: . seconds



Semi-Tandem Stand

Script:

Now I will show you the second movement.

(Demonstrate) I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 30 seconds. You may put either foot in front, whichever is more comfortable for you.

You may 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.

Stand next to the participant to help him/her into the semi-tandem position.

Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say, "Ready, begin."

Stop the stopwatch and say "Stop" after 30 seconds or when the participant steps out of position or grabs your arm.

If participant is unable to hold the position for 30 seconds, record result and go to the gait speed test.

Semi-Tandem Stand Score

1 Held for 30 seconds → Continue to next test

0.01 Not held for 30 seconds → Discontinue balance tests

0.02 Not attempted (check the reason on Page 6) → Discontinue balance tests

Number of seconds held if less than 30 seconds: . seconds

Tandem Stand

Script:

Now I will show you the third movement.

(Demonstrate) I want you to try to stand with the heel of one foot in front of and touching the toes of the other foot for about 30 seconds. You may put either foot in front, whichever is more comfortable for you.

You may 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.

Stand next to the participant to help him/her into the tandem position.

Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say, "Ready, begin."

Stop the stopwatch and say "Stop" after 30 seconds or when the participant steps out of position or grabs your arm.

If participant is unable to hold the position for 30 seconds, record result and go to the gait speed test.

Tandem Stand Score

2 Held for 30 seconds → Go to 1 leg stand

1 Held for 1 to 29 seconds → Go to trial 2

0.01 Held for <1 second or unable to attain position → Discontinue balance tests

0.02 Not attempted (check the reason on Page 6) → Discontinue balance tests

Number of seconds held if less than 30 seconds: . seconds

Trial 2: "Now let's do the same thing one more time."

2 Held for 30 seconds → Go to 1 leg stand

1 Held for 1 to 29 seconds → Discontinue balance test

0.01 Held for <1 second or unable to attain position → Discontinue balance tests

0.02 Not attempted (check the reason on Page 6) → Discontinue balance tests

Number of seconds held if less than 30 seconds: . seconds



One Leg Stand

Script:

Now I will show you the fourth movement.

(Demonstrate) I want you to try to stand on one leg for about 30 seconds. You may stand on either leg, whichever is more comfortable for you.

You may 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. If you lose your balance put your foot down.

Stand next to the participant to help him/her into the position.

Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say, "Ready, begin."

Stop the stopwatch and say "Stop" after 30 seconds or when the participant lowers leg to the floor or grabs your arm.

One Leg Stand

₂ Held for 30 seconds → Go to gait speed test

₁ Held for 1 to 29 seconds → Go to trial 2

_{0.01} Held for <1 second or unable to attain position → Discontinue balance test

_{0.02} Not attempted (check the reason on Page 6) → Discontinue balance test

Number of seconds held if less than 30 seconds: . seconds

Trial 2: "Now let's do the same thing one more time."

₂ Held for 30 seconds → Go to gait test speed

₁ Held for 1 to 29 seconds → Discontinue balance test

_{0.01} Held for <1 second or unable to attain position → Discontinue balance test

_{0.02} Not attempted (check the reason on Page 6) → Discontinue balance test

Number of seconds held if less than 30 seconds: . seconds



If participant did not attempt test, mark "X" for reason below:

a. ¹ Tried but unable

b. ² Participant could not hold position unassisted

c. ³ Not attempted, you felt unsafe

d. ⁴ Not attempted, participant felt unsafe

e. ⁵ Participant unable to understand instructions

f. ⁶ Other (specify: _____)

g. ⁷ Participant refused



Gait Speed Test (First)

Script:

Now I am going to observe how you normally walk. If you use a cane or other walking aid and you feel you need it to walk a short distance, then you may use it.

This is our walking course. I want you to walk to the other end of the course at your usual speed, just as if you were walking down the street to go to the store.

Demonstrate the walk for the participant.

Walk all the way past the other end of the tape before you stop. I will walk with you. Do you feel this would be safe?

Have the participant stand with both feet touching the starting line.

When I want you to start, I will say: "Ready, begin." When the participant acknowledges this instruction say: "Ready, begin."

Press the start/stop button to start the stopwatch when the participant lifts their foot to begin walking.

Walk behind and to the side of the participant.

Stop timing when the heel of the first foot completely crosses the 4-meter mark.

First Gait Speed Test:

1. Time for 4 meters . seconds
2. Aids used for first walk:
 - a. ¹ None
 - b. ² Cane
 - c. ³ Other (specify: _____)
3. If participant did not attempt test, mark "X" for reason below:
(Go to chair stand test)
 - a. ¹ Tried but unable
 - b. ² Participant could not walk unassisted
 - c. ³ Not attempted, you felt unsafe
 - d. ⁴ Not attempted, participant felt unsafe
 - e. ⁵ Participant unable to understand instructions
 - f. ⁶ Other (specify: _____)
 - g. ⁷ Participant refused



Gait Speed Test (Second)

Script:

Now I want you to repeat the walk. Remember to walk at your usual pace and go all the way past the other end of the course.

Have the participant stand with both feet touching the starting line.

When I want you to start, I will say: "Ready, begin." When the participant acknowledges this instruction say: "Ready, begin."

Press the start/stop button to start the stopwatch when the participant lifts their foot to begin walking.

Walk behind and to the side of the participant.

Stop timing when the heel of the first foot completely crosses the 4-meter mark.

Second Gait Speed Test:

1. Time for 4 meters . seconds
2. Aids used for second walk:
 - a. None
 - b. Cane
 - c. Other (specify: _____)
3. If participant did not attempt test, mark "X" for reason below :
(Go to chair stand test)
 - a. Tried but unable
 - b. Participant could not walk unassisted
 - c. Not attempted, you felt unsafe
 - d. Not attempted, participant felt unsafe
 - e. Participant unable to understand instructions
 - f. Other (specify: _____)
 - g. Participant refused



Single Chair Stand Test

Script:

Let's do the last movement test. Do you think it would be safe for you to try to stand up from a chair?

The next test measures the strength in your legs.

(Demonstrate and explain the procedure.) **First, fold your arms across your chest and sit so that your feet are on the floor; then stand up keeping your arms folded across your chest.**

Please stand up keeping your arms folded across your chest. (record result)

If the participant cannot rise without using arms, say "Okay, try to stand up using your arms." This is the end of the test. Record result onto the scoring page.

Single Chair Stand Test Questions:

1. Safe to stand without help ¹Yes ⁰No

2. Results:
 - a. Participant stood without using arms ¹ → Go to Repeated Chair Stand Test
 - b. Participant used arms to stand ² → End Test
 - c. Test not completed ³ → End Test

3. If participant did not attempt test or failed, mark "X" for reason below:
 - a. ¹ Tried but unable
 - b. ² Participant could not stand unassisted
 - c. ³ Not attempted, you felt unsafe
 - d. ⁴ Not attempted, participant felt unsafe
 - e. ⁵ Participant unable to understand instructions
 - f. ⁶ Other (specify: _____)
 - g. ⁷ Participant refused



Repeated Chair Stand Test

Script:

Do you think it would be safe for you to stand up from a chair five times without using your arms?

(Demonstrate and explain the procedure.) Please stand up straight as QUICKLY as you can five times without stopping in between. After standing up each time, sit down and then stand up again. Keep your arms folded across your chest. I'll be timing you with a stopwatch.

When the participant is properly seated, say: "Ready? Stand" and begin timing.

Count out loud as the participant arises each time, up to five times.

Stop if participant becomes tired or short of breath during repeated chair stands.

Stop the stopwatch when he/she has straightened up completely for the fifth time.

Also stop:

- *If participant uses his/her arms (Mark 3a)*
- *After 1 minute, if participant has not completed all 5 rises (Mark 3a)*
- *At your discretion, if concerned for participant's safety*

If the participant stops and appears to be fatigued before completing the five stands, confirm this by asking "Can you continue?"

Repeated Single Chair Stand Test Questions:

1. Safe to stand five times ¹ Yes ⁰ No

2. Time to complete five stands . seconds
(only enter if participant completes 5 stands)

3. If participant did not attempt test or failed, mark "X" for reason below:

- a. ¹ Tried but unable
- b. ² Participant could not stand unassisted
- c. ³ Not attempted, you felt unsafe
- d. ⁴ Not attempted, participant felt unsafe
- e. ⁵ Participant unable to understand instructions
- f. ⁶ Other (specify: _____)
- g. ⁷ Participant refused

Staff ID

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