



Stair Climbing Test

Description: A measure of ability to ascend and descend a flight of stairs

Equipment: Stopwatch, flight of stairs with rail

Patient Instructions: "I am going to ask you to stand at the bottom of the stairs so that your first step is up. My commands will be 'ready, set, go'. Then you are going to walk as QUICKLY as you feel safe and comfortable to the top of the stairs, turn around, and come back down. I will stop the clock when your second foot touches the landing. You may use the rail but I only want you to use one rail (determine which), if you can go without the rail try to do so."

Therapist Instructions: The patient will perform one practice and two real trials. Average the trials.

Age Matched Norms:

Stair Climbing Test	Age Group in years	N	Mean in seconds	SD in seconds	Range in seconds
	50-59	24	7.92	1.31	5.13
	60-69	21	10.02	2.39	9.10
	70-79	16	10.9	1.99	6.82
	All subjects (age range 50-82)	63	9.53	2.47	11.96

1. Mizner RL, Petterson SC, Stevens JE, Snyder-Mackler L (2005). Preoperative quadriceps strength predicts functional ability one year after total knee arthroplasty. *The Journal of Rheumatology*, 32(8), 1533-1539.
2. Mizner RL, Petterson SC, Snyder-Mackler L (2005). Quadriceps strength and the time course of functional recovery after total knee arthroplasty. *Journal of Orthopaedic & Sports Physical Therapy*, 35(7), 424-436.