1. **Balance Tests**

   - **Side-by-Side Stand**
     Feet together side-by-side for 10 sec
     - 10 sec (1 pt)
     - < 10 sec (0 pt)  
       Go to 4-Meter Gait Speed Test

   - **Semi-Tandem Stand**
     Heel of one foot against side of big toe of the other for 10 sec
     - 10 sec (+1 pt)
     - < 10 sec (+0 pt)  
       Go to 4-Meter Gait Speed Test

   - **Tandem Stand**
     Feet aligned heel to toe for 10 sec
     - 10 sec (+2 pt)
     - 3-9.99 sec (+1 pt)
     - < 3 sec (+0 pt)

2. **Gait Speed Test**

   Measures the time required to walk 4 meters at a normal pace (use best of 2 times)

   - <4.82 sec 4 pt
   - 4.82-6.20 sec 3 pt
   - 6.21-8.70 sec 2 pt
   - >8.7 sec 1 pt
   - Unable 0 pt

3. **Chair Stand Test**

   - **Pre-test**
     Participants fold their arms across their chest and try to stand up once from a chair
     - able
     - unable  
       Stop (0 pt)

   - **5 repeats**
     Measures the time required to perform five rises from a chair to an upright position as fast as possible without the use of the arms
     - ≤11.19 sec 4 pt
     - 11.20-13.69 sec 3 pt
     - 13.70-16.69 sec 2 pt
     - >16.7 sec 1 pt
     - >60 sec or unable 0 pt