

## Stair Climb Test Score Sheet

### Verbal instruction:

"For this test, do the best you can by going as fast as you can but don't push yourself to a point of overexertion or beyond what you think is safe for you.

5. Start with both feet on the bottom landing.
6. On start, go to the top of the stairs as fast but as safe as you can, turn around and return back down and stop with both feet back on the ground landing.
7. Use the rail only if needed.
8. Get ready and START".

Date	Number of stairs	Step height (cm)	Time (seconds 00.00)	Adaptations
1. / /				<input type="checkbox"/> Uses handrail ascent/decent/both <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
2. / /				<input type="checkbox"/> Uses handrail ascent/decent/both <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
3. / /				<input type="checkbox"/> Uses handrail ascent/decent/both <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
4. / /				<input type="checkbox"/> Uses handrail ascent/decent/both <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
5. / /				<input type="checkbox"/> Uses handrail ascent/decent/both <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused

### Normal values

Normative scores available only for the **12-step Stair Test**

	Men			Women		
	Mean (s)	SD(s)	n	Mean (s)	SD (s)	n
Healthy	8.72	2.58	27	10.22	2.61	38
Moderate OA	11.78	4.70	71	19.48	9.30	72
End-stage OA	17.43	8.35	77	23.59	9.81	67
1 month post TKR	23.53	10.82	104	30.58	12.56	91
3 month post TKR	12.33	4.87	100	15.50	4.85	83
6 months post TKR	11.64	3.85	118	15.27	6.10	101
12 months post TKR	11.17	3.85	139	15.04	6.17	66
24 months post TKR	11.70	4.09	87	15.48	6.18	138

Data obtained from the OA Profile website, maintained by the Department of Physical Therapy at the University of Delaware. TKR = total knee replacement