

The 30-Second Chair Test: A Functional Strength Snapshot

DID YOU KNOW?



- Seniors who struggle to rise from a chair are 2x more likely to fall within a year.
- Lower body strength is one of the earliest indicators of loss of independence.
- Decline is typically visible months before a fall ever happens.

Ask: "Can you stand up from this chair without using your hands?" ➡ Then Observe!

STRONG & STEADY

LOWER RISK • GREATER INDEPENDENCE

1

SITS TALL



Sits upright with good posture and balance.

2

LEANS FORWARD



Leans forward from the hips to gain momentum.

3

STANDS UPRIGHT



Stands steady with good balance and control.



What this means...

Good lower body strength, balance, and coordination. Lower risk for falls and loss of independence.

COMPENSATING & AT RISK

HIGHER RISK • EARLY SIGNS OF DECLINE

1

ROCKS FOR MOMENTUM



Rocks back & forth to build momentum.

2

USES HANDS TO PUSH OFF



Uses arms or hands to push off the chair.

3

PAUSES MID-STAND



Stops or pauses halfway up to regain balance.

4

UNSTEADY AFTER STANDING



Wobbles or needs to steady self after standing.



What this may signal...

Decreased strength, balance, or coordination. Higher risk for falls, injury, and loss of independence.

Pay Attention



This isn't just about standing.

It's about...

- Using the toilet and bathing safely
- Transitioning out of bed independently
- Preventing a fall - not reacting after it

Home Care Changes the Trajectory



With early support, caregivers can...

- ✓ Assist with safe transfers.
- ✓ Encourage daily movement routines.
- ✓ Reduce fall risk before injury.
- ✓ Build confidence (which prevents decline).

This is prevention—not reaction!

Let's talk about how to stabilize mobility early— before it turns into a crisis. Call today!



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