



Single Limb Step Test

Description: Measure of time to raise and lower the body 20 times from 6" block

Equipment: 6" block, stopwatch, knee immobilizer

Patient Instructions: "I am going to time how long it takes for you to lower and raise your body on this 6" block. The leg not being tested will be in a knee immobilizer so it cannot help. You will start by placing your foot of the leg being tested in the center of the 6" block. My commands will be 'ready, set, go' and then you will step up and down 20 times in a row as quickly as possible. I will keep track of the number of steps during the test. The heel and toe of the leg with the immobilizer must touch the top of the block and the floor to count as one."

Therapist Instructions: Demonstrate the test for the patient. Use a coin to randomly determine which leg they will do first each time. Explain to the patient why they will wear the immobilizer on the limb opposite that being tested.



Age Matched Norms:

Single Limb Step Test	Age Group in years	N	Mean in seconds	SD in seconds	Range in seconds
	50-59	48	17.49	2.83	10.32
	60-69	40	21.26	8.40	41.26
	70-79	32	21.12	15.19	15.19
	All Subjects (age range 50-82)	122	19.98	6.12	41.26