

Sitting Rising Test

Sitting and Rising test (SRT) is a simple test that requires a person to sit down on the floor from a standing position and stand back up without any support or losing balance. According to a study led by Dr. Claudio Gil Araujo, sitting and rising from the floor is closely related to the risk of falling and is a significant predictor of all-cause mortality. Those with the lower score range (0 – 3) exhibit 5-6x greater health risk compared to their better performed counterparts.



Protocol

1. Find a flat non-slippery surface or 2m x 2m
2. Stand upright with no shoes
3. Cross your legs (either way)
4. Sit on the floor without losing balance
5. Rise from the floor to original standing position

Scoring

1. SRT partial scores begin with a maximum of 5 points, separately for sitting and rising.
2. During sitting or rising, 1 point is subtracted for each support utilized: that is, hand, forearm, knee, or side of leg
3. Additional 0.5 point is subtracted for unsteady execution (partial loss of balance) during either action.
4. Additional 1 point is subtracted if the subject places one hand on the knee in order to sit or rise
5. Add the scores for sitting and rising to give the SRT score from 0 – 10.

Sitting or Rising		
Begin with full score		5
Scoring		
No support and well controlled		0
Support used	Hands (any)	-1
	Arms (any)	-1
	Knees (any)	-1
	Side of legs (any)	-1
Balance	Losing balance	-0.5
Control	Not well controlled	-0.5
Partial score		
Final score (Sitting + Rising)		

A video illustrating SRT performance and scoring is available [here](#)

Result

Your score is categorized into 4 categories. Based on an age-, gender-, and BMI-adjusted Cox analysis, there was a 3-year shorter life expectancy among subjects placed in the lowest score category as compared to subjects with the best score category.

Good	Moderate	Fair	Poor
8 - 10	6 - 7.5	3.5 - 5.5	0 - 3

Conclusion

It is obvious that SRT is not evaluating any particular health or fitness parameters. It however indirectly evaluates your daily physical activity level, as the more active you are, the more likely you are able to complete the task without losing many points. So, if you score a perfect 10, a great shout out to you in keeping yourself in good shape. But if you score not as good for now, don't worry, start exercising more and you will be scoring 10 in no time!

References

- Brito LBB, Ricardo DR, Araujo DSMS, et. al. Ability to sit and rise from the floor as a predictor of all-cause mortality. *European Journal of Preventive Cardiology* 2014; 21(7): 892 – 898

Video link

Scan the QR-code with your phone to watch our the video about the test.

