

2 Minute Step Test

| | |
|--|-------------------|
| Patient's name: | |
| Date/time: | Date of birth: |
| Age: | Gender: |
| Height: | Weight: |
| Other relevant information/medical history | |
| | |
| Resting vital sign measurements | |
| Blood pressure: | |
| Respiration rate: | |
| Body temperature: | |
| Pulse rate: | |
| Material needed | |
| <ul style="list-style-type: none">• Table, wall, or chair• Stopwatch• Tape measure• Tape | |
| Instructions | |
| <ol style="list-style-type: none">1. Ask the patient to stand next to a wall.2. Using the tape measure, measure the height of the iliac crest and patella. Mark these on the wall with tape.3. Place another piece of tape on the wall that's half of the distance between the two.4. Position your patient and ready your stopwatch.5. On "go," run your stopwatch and have your patient stop in place. Make sure they raise each knee to the middle mark on the wall as many times as possible within 2 minutes.6. Within the 2 minutes, only count the number of times the right knee reaches the required height. This number will be the score.7. After 2 minutes, have your patient do a cool down.8. Record post-exercise vital signs and results. Afterward, interpret the score. | |
| Results | |
| Post-exercise vital sign measurements | |
| Blood pressure: | Respiration rate: |
| Body temperature: | Pulse rate: |

| Normative data | | |
|------------------------|--|--|
| Age (in years) | Female 25th percentile (steps) - 90th percentile | Male 25th percentile (steps) - 90th percentile |
| 60 - 64 | 75 - 122 | 87 - 128 |
| 65 - 69 | 73 - 123 | 86 - 130 |
| 70 - 74 | 68 - 116 | 80 - 125 |
| 75 - 79 | 68 - 115 | 73 - 125 |
| 80 -84 | 60 - 104 | 71 - 118 |
| 85 - 89 | 55 - 98 | 59 - 106 |
| 90 -94 | 44 - 85 | 52 - 102 |
| Patient's results | | |
| Steps: | | |
| Interpretation: | | |
| | | |
| Additional notes: | | |
| | | |
| Physician's name: | | |
| Physician's signature: | | Date: |

References:

Rikli, R. E., & Jones, C. J. (1999). Development and Validation of a Functional Fitness Test for Community-Residing Older Adults. *Journal of Aging and Physical Activity*, 7(2), 129–161. <https://doi.org/10.1123/japa.7.2.129>

Rikli, R. E., & Jones, C. J. (2012). Development and Validation of Criterion-Referenced Clinically Relevant Fitness Standards for Maintaining Physical Independence in Later Years. *The Gerontologist*, 53(2), 255–267. <https://doi.org/10.1093/geront/gns071>

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Jones, C.J. and Rikli, R.E. (2002) *Measuring Functional Fitness in Older Adults. The Journal of Active Ageing*, 25-30. - References - Scientific Research Publishing. (2014). [Scirp.org. https://www.scirp.org/reference/referencespapers?referenceid=1329103](https://www.scirp.org/reference/referencespapers?referenceid=1329103)