Stair Climb Test score sheet

Also used as the Timed Up and Down Stairs (TUDS) test

Step Doctor
blog.aicu.life

Name _____ Date _____ Tester _____

STAIRS AND CONDITIONS

Number of steps	____
Step height (rise)	____ cm
Handrail	☐ none ☐ up ☐ down ☐ both side ☐ L ☐ R
Walking aid	☐ none ☐ _____
Footwear	_____

READ ALOUD

"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. 1. Start with both feet on the bottom landing. 2. 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. 3. Use the rail only if needed. 4. Get ready and START."

TIMING

- One practice trial with the tester guarding.
- Start on the signal; stop when both feet are back on the ground landing.
- Record to the nearest 0.01 s. Resting is allowed; the clock keeps running.
- Guard behind/below going up and ahead/to the side coming down if safety is a concern.

TRIALS

#	Date	Steps	Height (cm)	Time (s)	Rail / aid	Notes
1						
2						
3						
4						
5						

REFERENCE VALUES (COMPARE ONLY WITH THE SAME NUMBER AND HEIGHT OF STEPS)

12-step stair test, healthy adults	men 8.72 ± 2.58 s · women 10.22 ± 2.61 s OARSI manual (OA Profile, Univ. of Delaware)
Smallest real change (MDC90)	9-step: 5.5 s (end-stage hip/knee OA) · 11-step: 2.6 s (after knee replacement) Kennedy 2005; Almeida 2010
3 steps, adults 70+	up 2.78 s · down 2.83 s; meaningful decline ≈ 0.5 s Oh-Park 2011, 2012
12-step ascend and descend, chronic stroke	15.22 s or less separated healthy older adults from stroke survivors Ng 2013

Script and timing from the OARSI recommended performance-based tests (Dobson et al., 2013). Free to print and copy. A score sheet records a test; it isn't a diagnosis.