Short Physical Performance Battery (SPPB) as a frailty measure

**Scoring:** SPPB scores range from zero to 12 possible points. SPPB score of 3-9 points in persons with possible sarcopenia but no mobility disability indicates frailty; SPPB score of 10 or greater for persons with no sarcopenia and no mobility disability indicates robustness. Persons with a score of 2 or lower who have sarcopenia, potential cachexia, and mobility disability are determined to be disabled.

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<th>Frailty Criterion</th>
<th>Definition</th>
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| **Usual Gait Speed** | **Gait Speed Test:** person attempts walk a 4-meter course at their usual speed, just as if walking down the street to go to the store.  
  - 0 points if unable to do the walk  
  - 1 point if time is more than 8.70 sec  
  - 2 points if time is 6.21 to 8.70 sec  
  - 3 points if time is 4.82 to 6.20 sec  
  - 4 points if time is less than 4.82 sec  
*Equipment: walking course; stopwatch. Average of 2 attempts.* |
| **Repeated Chair Stands** | **Chair Stand Test:** person attempts to rise from a chair five times without using their arms.  
  - 0 points if unable to complete 5 chair stands or completes stands in >60 seconds  
  - 1 point if chair stand time is 16.70 sec or more  
  - 2 points if chair stand time is 13.70 to 16.69 sec or more  
  - 3 points if chair stand time is 11.20 to 13.69 sec  
  - 4 points if chair stand time is 11.19 sec or less  
*Equipment: chair; stopwatch.* |
| **Standing Balance** | **Three balance tests are performed and scored as follows:**  
  - **Side-by-side stand:** person attempts to stand with feet together, side-by-side, for 10 seconds.  
    - 1 point if held for 10 seconds  
    - 0 points if not held for 10 seconds or not attempted  
  - **Semi-tandem stand:** person attempts to stand with the side of the heel of one foot touching the big toe of the other foot for 10 seconds.  
    - 1 point if held for 10 seconds  
    - 0 points if not held for 10 seconds or not attempted  
  - **Tandem stand:** person attempts to stand with the heel of one foot in front of and touching the toes of the other foot for about 10 seconds.  
    - 2 points if held for 10 seconds  
    - 1 point if held for 3 to 9.99 seconds  
    - 0 points if held for <3 seconds or not attempted  
*Equipment: stopwatch.* |

**References:**
