

BALANCE TESTS



Side-by-Side Stand
10s



Held for 10 s: 1 point
Not held for 10 s: 0 points
Not attempted: 0 points



Semi-Tandem Stand
10s



Held for 10 s: 1 point
Not held for 10 s: 0 points
Not attempted: 0 points



Tandem Stand



Held for 10 s: 2 point
Held for 3 to 9.99 s: 1 point
Held for < than 3 s: 0 points
Not attempted: 0 points

GAIT SPEED TEST



If time >8.70 s (1 point)
If time: 6.21- 8.70 s (2 points)
If time: 4.82- 6.20 s (3 points)
If time <4.82 s (4 points)

CHAIR STAND TEST



Single Chair Stand Test: Sit-to-stand without arm support

Failed to complete

Stop

Repeated Chair Stand Test: 5 times



If time >60 s (0 points)
If time ≥16.7 s (1 point)
If time: 13.70-16.69 s (2 points)
If time: 11.20-13.69 s (3 points)
If time ≤11.19 s (4 points)

Supplementary Figure 1. Operational procedures and scoring criteria for the Short Physical Performance Battery (SPPB)