

**Guidelines Document  
Stair Climb**

<b>Availability:</b>	Descriptions on how to use the Stair Climb test are available from: (Finch, Walsh, Thomas, & Woodhouse, 1998; Kennedy, Stratford, Pagura, Walsh, & Woodhouse, 2002; Rejeski et al., 1995).
<b>Classification:</b>	<b>Supplemental:</b> Congenital Muscular Dystrophy (CMD), Myotonic Muscular Dystrophy (DM), Facioscapulohumeral Muscular Dystrophy (FSHD), Neuromuscular Disease (NMD), Spinal Cord Injury (SCI) and SCI-Pediatric (age 4 and over)
<b>Short Description of Instrument:</b>	<p><b>Construct measured:</b> Ability to climb and descend stairs</p> <p><b>Intended respondent:</b> Participant</p> <p>Performed with patient wearing regular footwear. Time is measured in 1 of 3 ways. 1) Time to go up a standard set of 4 steps, 2) Time to go down a standard set of 4 steps, or 3) Time to go up and down a standard set of 4 steps.</p>
<b>Comments/Special instructions:</b>	<p><b>Scoring:</b> Low scores correlate with good functional independence; high scores correlate with poor functional independence and higher risk of falls.</p> <p><b>Administration:</b> 10 minutes</p> <p><b>SCI-Pediatric-specific:</b></p> <p>Assistive devices can be used but should be kept consistent and documented.</p>
<b>References:</b>	<p>Finch, E., Walsh, M., Thomas, S. G., &amp; Woodhouse, L. J. (1998). Functional ability perceived by individuals following total knee arthroplasty compared to age-matched individuals without knee disability. <i>J Orthop Sports Phys Ther</i>, 27(4), 255–263.</p> <p>Kennedy, D., Stratford, P. W., Pagura, S. M., Walsh, M., &amp; Woodhouse, L. J. (2002). Comparison of gender and group differences in self-report and physical performance measures in total hip and knee arthroplasty candidates. <i>J Arthroplasty</i>, 17(1), 70–77.</p> <p>Lin, Y. C., Davey, R. C., &amp; Cochrane, T. (2001). Tests for physical function of the elderly with knee and hip osteoarthritis. <i>Scand J Med Sci Sports</i>, 11(5), 280–286.</p> <p>Personius, K. E., Pandya, S., King, W. M., Tawil, R., &amp; McDermott, M. P. (1994). Facioscapulohumeral dystrophy natural history study: standardization of testing procedures and reliability of measurements. The FSH DY Group. <i>Phys Ther</i>, 74(3), 253–263.</p> <p>Rejeski, W. J., Ettinger, W. H., Jr., Schumaker, S., James, P., Burns, R., &amp; Elam, J. T. (1995). Assessing performance-related disability in patients with knee osteoarthritis. <i>Osteoarthritis Cartilage</i>, 3(3), 157–167.</p> <p><b>Other information about this assessment:</b></p> <p>Bennell, K., Dobson, F., &amp; Hinman, R. (2011). Measures of physical performance assessments: Self-Paced Walk Test (SPWT), Stair Climb Test (SCT), Six-Minute Walk Test (6MWT), Chair Stand Test (CST), Timed Up &amp; Go (TUG), Sock Test, Lift and Carry Test (LCT), and Car Task. <i>Arthritis Care Res (Hoboken)</i>, 63 Suppl 11, S350–S370.</p> <p><a href="#">American College of Rheumatology Performance Assessments Article Link</a></p>