

1/14/2019

I found some updated norms as well as an error in the book. One of the beauties of self publishing is the ability to make updates. These updates to Fit4Work, 2<sup>nd</sup> Edition; are available on newly ordered books.

Please delete the Shuttle Run Table and all references to it and use these tables. Thank you

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## APPENDIX L

### TIMED UP AND GO TEST

ICF Domain: Activity

Procedure:

1. Set up: Mark 9.8 ft walking path, place a chair at beginning of walkway.
2. Participant sits with back against chair.
3. Instructions: “On the word **GO** you will stand **up**, walk to the line on the floor, turn around and walk back to the chair and sit down. Walk at your regular pace.
4. Start timing on the word “**GO**” and stop timing when the subject is seated again correctly in the chair with their back resting on the back of the chair.”

<b>Itzkowitz, Kaplan, Doyle, Weingarten, Lieberstein, Covino, &amp; Vialu, 2016; N=1481, typical development</b>		
<b>Age</b>	<b>Male</b>	<b>Female</b>
<b>5</b>	6.98 +/- 1.11	7.17 +/- 1.12
<b>6</b>	6.75 +/-1.23	6.82 +/- 1.11
<b>7</b>	6.75 +/-1.14	6.79 +/- 1.17
<b>8</b>	6.09 +/- 1.14	6.59 +/- 1.15
<b>9</b>	5.85 +/- .88	6.41 +/- 1.01
<b>10</b>	6.09 +/- .98	6.34 +/- .94
<b>11</b>	6.24 +/- .97	6.69 +/- .79
<b>12</b>	6.73 +/- 1.09	6.78 +/- .83
<b>13</b>	6.46 +/- 1.16	6.68 +/- 1.07

<b>Zaino, Marchese, Westcott (2012); N=503, healthy and use</b>	
<b>Age</b>	<b>TUG time (seconds)</b>
<b>10</b>	3.55 (3.19-4.14)
<b>11</b>	3.48 (2.68-4.52)
<b>12</b>	3.66 (3.02-4.65)
<b>13</b>	3.53 (2.87-4.49)
<b>14</b>	3.53 (2.79-4.20)
<b>15</b>	3.59 (2.69-4.70)
<b>16</b>	3.40 (2.66-4.72)
<b>17</b>	3.53 (2.52-4.41)
<b>18</b>	3.47 (3.07-5.12)
<b>19</b>	3.32 (2.37-9.95)
<b>20</b>	3.61 (2.87-5.07)
<b>21</b>	3.59 (2.78-6.22)

## APPENDIX O

### 30 SECOND WALK TEST

ICF Domain: Activity

Purpose: Measures walking speed.

Procedure:

1. Distance, to nearest inch, walked in 30 seconds.
2. Instruct elementary students to walk as if line leaders, do not run; instruct secondary students to walk at comfortable walking pace.
3. Can use graph to calculate percentile
4. Can use as a screening test, <5<sup>th</sup> percentile refer to PT.

<b>Knutson, Bushman, Young &amp; Ward, 2009; n=302, typical development</b>				
<b>Age</b>	<b>Mean Distance (ft)</b>	<b>SD</b>	<b>Velocity (ft/s)</b>	<b>SD</b>
<b>5</b>	135.3	11.6	4.51	.39
<b>6</b>	140.5	23.5	4.68	.78
<b>7</b>	152.9	16.8	5.10	0.56
<b>8</b>	158.2	17.2	5.27	0.57
<b>9</b>	162.6	20.0	5.52	0.67
<b>10</b>	164.6	17.9	5.49	0.60
<b>11</b>	156.3	17.8	5.21	0.59
<b>12</b>	159.7	18.0	5.32	0.60
<b>13</b>	155.2	16.6	5.17	0.55
<b>14</b>	151.5	20.5	5.05	0.59
<b>15</b>	146.4	23.0	4.88	0.77
<b>16</b>	138.5	17.0	4.62	0.57
<b>17</b>	135.8	20.9	4.53	0.70

<b>Lieberstein, Weingarten, Vialu, Itzkowitz, Doyle, Covino, Kaplan, 2018; n=1223, typical development</b>				
<b>Age</b>	<b>Mean Distance (ft)</b>		<b>SD (ft)</b>	
	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>
<b>5</b>	133.9	127.4	20.6	19.9
<b>6</b>	141.7	138.4	21.3	19.7
<b>7</b>	144.6	140.8	17.6	19.4
<b>8</b>	153.4	145.1	22.4	19.5
<b>9</b>	157.5	149.6	18.4	18.7
<b>10</b>	167.4	160.3	20.6	16.9
<b>11</b>	162.5	156.5	19.4	17.8
<b>12</b>	154.4	150.7	19.9	18.7
<b>13</b>	151.0	145.7	16.8	16.5

## APPENDIX P

### TIMED UP AND DOWN STAIRS TEST

ICF Domain: Activity, informs body structure/function

Purpose: Standardized, timed measure of efficiency on stairs.

Procedure:

1. Set up: 14 steps with rails. Participants wear shoes without orthotics.
2. Participant stands 1 foot from the bottom of a 14-step flight of stairs.
3. Instructions: “Quickly, but safely go up the stairs, turn around on the top step (landing) and come all the way down until both feet land on the bottom step (landing).”

Participants are allowed to choose any method of traversing the stairs, including using a step-to or foot-over-foot pattern, running up the stairs, skipping steps, or any other variation. The subjects are given the cues “ready” and “go.”

<b>Zaino, Marchese, Westcott (2012); N=503, healthy</b>	
<b>Age</b>	<b>TUDS time (seconds)</b>
<b>10</b>	6.10 (5.13-6.28)
<b>11</b>	5.91 (5.07-6.97)
<b>12</b>	5.83 (4.51-7.47)
<b>13</b>	5.83 (3.82-7.11)
<b>14</b>	5.72 (4.59-6.72)
<b>15</b>	6.50 (4.71-8.67)
<b>16</b>	5.58 (5.02-7.89)
<b>17</b>	5.86 (4.81-8.82)
<b>18</b>	5.79 (5.10-9.04)
<b>19</b>	5.48 (4.77-6.12)
<b>20</b>	5.93 (4.71-9.57)
<b>21</b>	5.92 (5.24-8.20)