Physical Performance Tests for Fall Risk Assessment: Post-Module Evaluation

---

Start of Block: Default Question Block

Q1 When measuring handgrip strength using a dynamometer, each hand should be tested ____ time(s) and then averaged and recorded in consistent units.

○ 1 (1)

○ 2 (2)

○ 3 (3)

○ 4 (4)

- -

Q2 Grip strength is an indicator of _____, which is a predictor of falls.

○ Cognitive function (1)

○ Pain threshold (2)

○ Endurance (3)

○ Physical Frailty (4)

- -

Q3 During the 4-Stage Balance Test, the participant may receive assistance to assume each foot position prior to starting the timer.

○ True (1)

○ False (2)

- -

Q4 The participant may practice each foot position before timing begins.

○ True (1)

○ False (2)

- -

Q5 Select all that apply. Timing for the 4-Stage Balance Test should be stopped if the participant:

☐ Moves his/her feet from the proper position (1)

☐ Holds arms out or moves body to help maintain balance (2)

☐ Demonstrates posterior or anterior sway (3)

☐ Touches the wall or external object for support (4)

- -

Q6 An older adult who cannot hold tandem stance for at least ___ seconds is at increased risk of falling.

○ 5 (1)

○ 10 (2)

○ 15 (3)

○ 30 (4)

- -

Q7 Which statement is **true** regarding the 30-second Chair Stand?

○ The participant must rise to a full standing position and sit back down again for the stand to count (1)

○ The participant is not allowed to scoot to the edge of the chair for this test (2)

○ The participant may use their arms during this test (3)

○ The assessor should stop the timer if the participant needs to rest during the test (4)

Q8 When performing the 30-second Chair Stand, the participant must be over halfway to a standing position when 30 seconds have elapsed for the stand to count.

○ True (1)

○ False (2)

Q9 The correct distance the participant must walk when performing the TUG before turning around and returning to the chair is ___ meter(s).

○ 1 (1)

○ 3 (2)

○ 5 (3)

○ 10 (4)

Q10 The TUG should be performed with the patient's usual walking aid.

○ True (1)

○ False (2)

Q11 Participants who have TUG times greater than __ seconds are considered to be at increased risk for falling.

○ 10 (1)

○ 11 (2)

○ 12 (3)

○ 14 (4)

Q12 The TUG is a timed performance measure. Therefore, the provider should tell the participant to walk as fast as he/she possibly can.

○ True (1)

○ False (2)

End of Block: Default Question Block