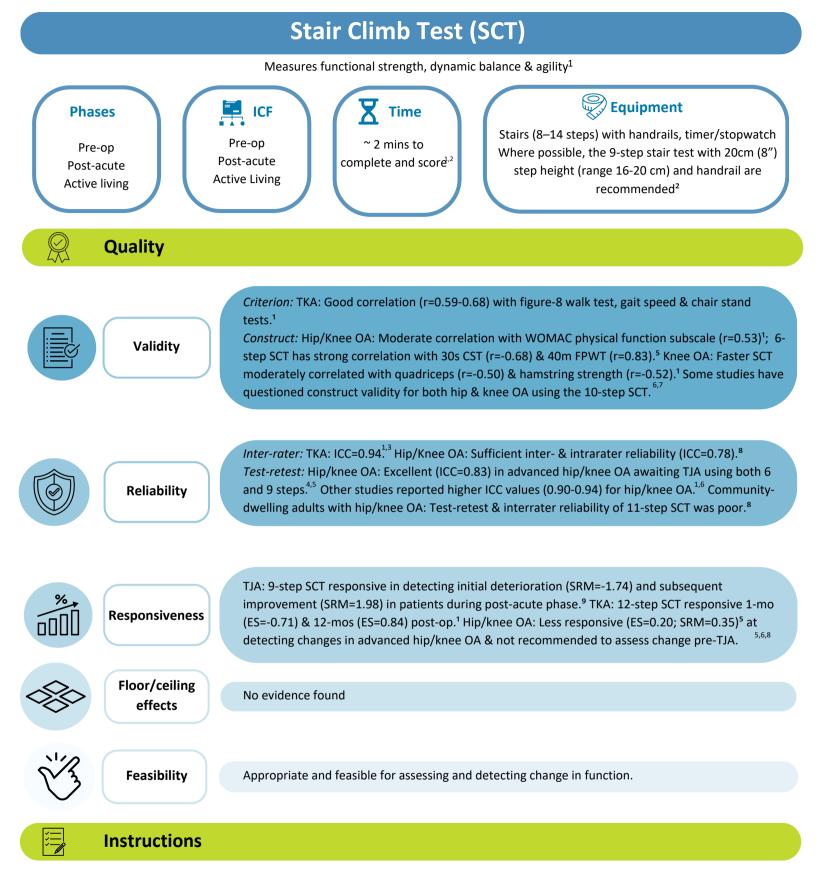
# **Performance-based Test**

# Hip & Knee



Ask patients to ascend & descend the flight of stairs as quickly and safely as possible. Record use of the handrail & walking aid, if needed.<sup>2</sup> Score the time it takes from when you say 'go' to when the patient has both feet on floor at bottom of stairs. Encourage patient to wear comfortable, non-slip footwear. See 'Relevant Links' for detailed instructions.

Scoring: Total time to ascend and descend steps is recorded to the nearest 100th second



### Interpretation

Direction: Lower values (in secs) = better performance

SEM: THA: 9-steps, 3-mos post-op = 0.20 secs (5%)<sup>10</sup>; TKA: 11-steps = 0.14 secs<sup>3</sup>; Knee/Hip OA: 0.44 secs<sup>5</sup>

MDC<sub>95</sub>: TKA: 11-steps = 3.2 secs<sup>3</sup>; THA: 9-steps, 3-mos post-op = 0.4 secs<sup>10</sup>; Knee OA: 9-steps, 0.2-2.0 secs (20%) proposed as

representative of a true change beyond measurement error.<sup>11</sup>

MIC: Hip/knee OA: 6-steps=1.37 secs (range 0.78-1.95 secs)<sup>5</sup>

Normative/Reference values: No normative values for TJA<sup>1</sup>

Cut points/Thresholds: Hip OA: 9 steps, patients able to ascend (>11.5 secs), descend (>8.3 secs) & ascend/descend (>19.1 secs) likely to have more advanced Grade 4 OA damage on x-ray.<sup>12</sup>

PASS: No evidence found

# 🗎 🛄 Other

**Key messages:** Recommended. A core OARSI performance measure for hip/knee OA and TJA. Suitable to detect change in function postsurgery but important to use same set of stairs when re-testing. Supervise closely to ensure safety.

Virtual administration: In older adults with chronic lower limb MSK disorders, virtual SCT had excellent test-retest reliability (ICC=0.91) with SEM =  $0.14 \text{ secs/stair} \& \text{MDC}_{95} = 0.38 \text{ secs/stair}.^{13}$  Good agreement with in-person administration (ICC 0.75).<sup>13</sup>



## **Relevant Links**

#### Summary & instructions (OARSI)

References

Video (OARSI)

Virtual Administration (Centre for Health, Exercise and Sports Medicine, University of Melbourne)

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