SPPB (Short Physical Performance Battery)

Leg function and frailty in older adults · 3 tests, 0 to 4 points each · 0 to 12

B	**Balance**	side-by-side, semi-tandem and tandem stands	0-4 pt
G	**Gait speed**	4 m: < 4.82 s = 4 · 4.82-6.20 = 3 · 6.21-8.70 = 2 · > 8.70 = 1	0-4 pt
C	**Chair stands**	5 times, no arms: ≤ 11.19 s = 4 · 11.20-13.69 = 3 · 13.70-16.69 = 2 · 16.70-60 = 1	0-4 pt

10 - 12	7 - 9	≤ 6
Good physical performance	Moderate limitation	Important limitation: frailty, high risk

More time means fewer points · the frailty cut-off is usually placed around 8 or less