

Cancer Survivorship & The 5x Sit to Stand Test



As a survivor of cancer, rehabilitation is crucial for managing treatment side effects and improving your quality of life. One simple, powerful tool to track your strength and mobility is the 5x Sit-to-Stand (5xSTS) Test.

What Is the 5x Sit-to-Stand Test?

The 5xSTS measures how quickly you can stand up and sit down five times in a row from a standard chair, without using your arms. This test gives you and your care team important information about your leg strength, balance, and fall risk

Why Is the 5xSTS Important for Cancer Survivors?

- Tracks functional leg strength and mobility over time
- Screens for fall risk: A time over 12 seconds may mean you're at higher risk for falls and should talk to your provider.
- Easy to do at home or in the clinic
- Helps guide your rehab and exercise progress

Instructions for the 5xSTS:

- **Sit in a standard chair** (seat height 41–45 cm/16–18 inches), back against the backrest, arms folded across your chest.
- **Sit to Stand:** keeping arms folded, stand up fully and then return to sit with your back against the backrest.
- **Repeat 5 times:** sit to stand 5x, as quickly (and safely) as possible.
- **Time yourself:** Start the stopwatch before the first stand and stop after you sit down the fifth time.
- **Test Yourself:** test yourself once a month to monitor your strength.

Lower times mean better strength and mobility. If you take longer than 12 seconds, consider reaching out to your healthcare provider for further assessment.

Building leg strength for transfers

Exercises to get stronger:

1. **Standing Marches:** stand holding onto a countertop, march with high knees up to 30x.
2. **Squats:** stand in front of a bed or chair and work on squats bringing your butt back to the chair 10x.
3. **Lunges:** hold onto a counter for support and work on lunges in place, forward, and back.
4. **Stretch:** decreased flexibility can make it hard to come to a full stand. Stretch your hamstrings, calf, and quads for 30 seconds to 1 minute on each side for each position.
5. **Sit to Stand:** practice the exercise the same way you would do the test. Increase your repetitions weekly to see how many you can do in 1 minute.

Remember!

Decreased strength due to treatment for cancer can be challenging, but with early intervention and a comprehensive management plan, you can improve your symptoms and quality of life. Always consult with your healthcare team to tailor these strategies to your specific needs.



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