

研究業績 英文表記

和文	
表題	地域在住高齢者の 30 秒椅子立ち上がりテストと 身体機能との関連
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英文	
Title	Relationship between Performance in the 30-sec Chair-Stand Test and Physical Function of Community-dwelling Elderly People
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Abstract	<p>ABSTRACT: [Purpose] In this study we evaluated performance in the 30-sec chair-stand test (CS-30) and investigated its relationship with physical function. [Subjects and Methods] The subjects were 71 communitydwelling elderly. CS-30, long-sitting body anteflexion, grip strength, raising the upper body, quadriceps strength, oneleg standing time with the eyes open, 10-m obstacle walking time, and maximum walking speed were measured, and the timed up and go test (TUG), functional reach test, and four square step test (FSST) were conducted to evaluate physical function. [Results] The factors affecting performance in the CS-30, as indicated by repeated measures regression analysis, were the TUG and FSST times, with better CS-30 performance associated with a shorter TUG time. [Conclusion] These results suggest that increasing balance function is important for improving the performance of community-dwelling elderly in the CS-30.</p>
keyword	30-second chair-stand test (CS-30), community-dwelling elderly, physical function

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