

What the 'IPPT' for seniors entails



1 Modified sit and reach
Touch your toes from a sitting position. This tests lower limb flexibility.



2 Back scratch
Put your arms behind your back as if you are trying to scratch an itch and touch your fingertips together. This tests upper limb flexibility.

3 Tandem and semi-tandem stands
Stand with your feet together for at least 10 seconds. Then stand with your feet apart, with one foot slightly in front of the other. Next, stand with one foot in front of the other, with the heel touching the toes of the other foot. This tests balance.



4 Box and block
There are two boxes separated by a divider. One is filled with coloured blocks. Using only one hand, move as many blocks as you can to the empty box in 60 seconds. Blocks must be moved one at a time. Repeat with the other hand. This tests upper limb power and motor skills such as coordination, agility and dexterity.



5 Grip strength
Grasp a special machine called a grip dynamometer. Apart from measuring strength, the results are a good indicator of general physical health.



6 Chair stands
Stand up from a sitting position as many times as you can within 30 seconds. Do not use your hands to push yourself up. This tests lower limb strength and power.



7 10m walk
Measure the time taken for you to walk 10m. Apart from measuring strength and power, this is a good indicator of general physical health.



8 6-minute walk
Measure the distance that you can walk in six minutes. This tests the endurance of your heart and lungs.



9 Timed up and go
Stand up from your seat, walk 3m, make a U-turn and return to your seat. This tests strength, balance and lower limb power. The time taken indicates your health status