

**2 MINUTE STEP TEST****Purpose:**

To measure aerobic endurance for transfers and mobility.

**Equipment:**

Stop watch  
BP equipment  
Measuring tape

**Instructions:**

Mark off a point on the wall that is midway between the patient's patella and iliac crest.  
Record HR, BP, and RR pre and post test.  
Have patient attempt to raise one knee to that point.  
Score the number of times the knee reaches that point.  
Repeat with other leg.

**NORMAL VALUES**

Rikli RE & Jones CJ

<b>Age</b>	60-64	65-69	70-74	75-79	80-84	85-89	90-94
<b>Men</b>	87-115	86-116	80-110	73-109	71-103	59-91	52-86
<b>Women</b>	75-107	73-107	68-101	68-100	60-90	55-85	44-72