

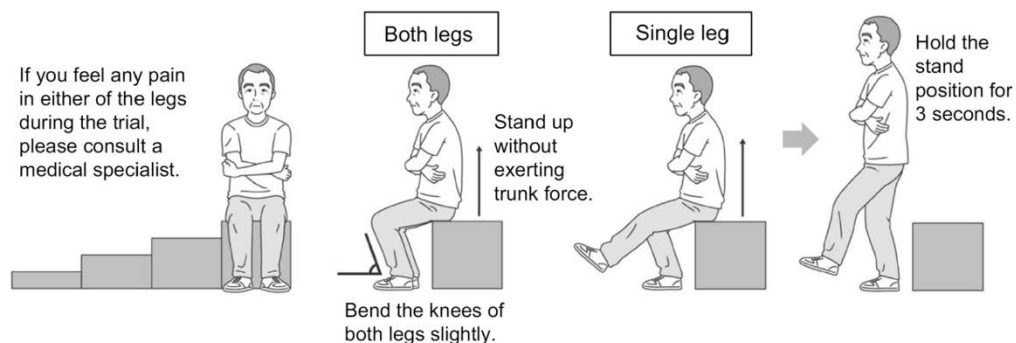
LOCOMO - One Leg Stand Up Test

The Japanese Orthopaedic Association designed the LOCOMO Challenge which is a simple single leg stand from a chair. The test is indicative of locomotion ability caused by an inactive lifestyle and aging. Physically inactive people can lose as much as 3% to 5% of their muscle mass each decade after age 30, thus gradually losing the physical ability to do daily work. With the aging of the population in Hong Kong, it is vital to raise awareness of the importance of Being physically active for a healthy aging population



Protocol

1. Prepare a chair or stool at about 10cm, 20cm, 30cm and 40cm high
2. Sit on the chair with arms on chest
3. Try to stand up using both leg without any support
4. If successful, sit on the chair again
5. Now try to stand up using only 1 leg, hold the stand position for 3 seconds
6. If successful, try the same test with a smaller chair

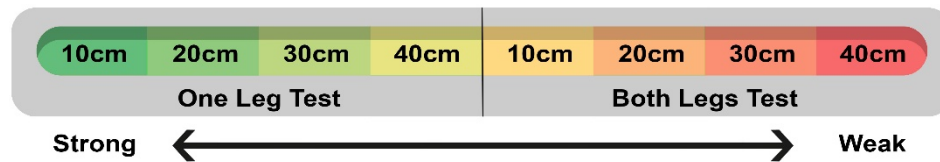


One Leg Stand-up test, adapted from Nakamura K and Ogata T (2016)

For more information on the test, please [click here](#).

Scoring

1. Successful: Stand up and hold the position for >3 seconds (If successful, try the next level)
2. Not successful: Unable to stand up or fail to hold the position for >3 seconds (End of test)



Results

Your score is categorized into 8 levels divided by difficulty, depending on the use of one- or both legs and the height of the seat. The results range from weak (using both legs with a height of 40cm) to Strong (using one leg with a height of 10cm).

References

- Nakamura K and Ogata T. *Locomotive Syndrome: Definition and Management. Clinical Reviews in Bone and Mineral Metabolism* 2016; 14(2): 56-67
- Japanese Orthopaedic Association (2015). "Locomotive Syndrome Pamphlet 2015"
- Ishibashi, H. *Locomotive syndrome in Japan. Osteoporos. Sarcopenia* 2018, 4, 86–94.

Video link

Scan the QR-code with your phone to watch the video about the test.

