

## Time Loaded Standing – protocol

### The test explained:

The Timed Loaded Standing (TLS) assessment measures the time a person can stand while holding a weight in each hand with the arms at 90° of shoulder flexion and the elbows extended. It is a measure of combined trunk and shoulder endurance that is suitable for people with Osteoporosis.

**Setting:** Physiotherapy cubicle

### Equipment required:

1Kg hand weight	0.5 Kg hand weights	Stop watch
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### Method:

1. First demonstrate the task to the patient and check that they can achieve the test position without using the weights. Check that the patient can achieve 90° of shoulder flexion.
2. Explain: *“I want you to stand up straight with your feet hip-width apart. I want you to first bend your elbows, bringing your hands to your shoulders, then to stretch your arms out in front of you keeping your elbows straight and to hold this position.”*

Those that are able to do this can proceed to the next step.

3. Next assess which weight the patient can manage. Ideally use the 1.0kg weights. If a patient is unable to hold or lift the 1.0kg weight to the start position, use the 0.5kg weights. Demonstrate and explain the task to the patient using the weights.

Explain: *“Now I want you to stand up straight with your feet hip-width apart. I will hand you two weights, I want you to first bend your elbows bringing the weights to your shoulders, then to stretch your arms out in front of you keeping your elbows straight.”*

Once you have checked which weight to use, you should move to the timed stage of the assessment.

#### 4. Complete the Timed Loaded Standing assessment.

Explain: *“I want you to stand up straight as before. I will hand you two weights, I want you to first bend your elbows bringing the weights to your shoulders, then to stretch your arms out in front of you keeping your elbows straight and to hold this position for as long as comfortable. You must pass me the weights when you first become uncomfortable or wish to stop. I will stop you if I think your arms are tiring.”*

- Ensure patient is stood erect with feet hip-width and not leaning on support such as plinth.
- Stand in-front and hand the patient two weights to hold at 90°.



- Start stop-watch when patient has straightened arms (cue if necessary).



5. Stop test when either:
  - (1) Patient cannot achieve 90° of shoulder flexion (from set up).
  - (2) Patient is unable to maintain 90° position or begins to tire in arms.
  - (3) Patient chooses to end the test and passes you the weights.
6. If the patient stops the test, ask patient whether fatigue or discomfort/pain was the reason for stopping the test and record on body chart

## Record the test

Please document on outcome measure sheet:

- the weight used
- the total time in seconds
- Whether fatigue or pain was the reason for stopping
- Record the area of fatigue or any pain on the body diagram.