



Are lower limb performance-based tests reliable when administered via telehealth?

What did we do?



Recruited **57** people **45+** years with **persistent musculoskeletal pain** in their hips, legs, or feet



Participants completed **two** sessions of physical performance tests with a physio **via Zoom**



Participants also completed **one** session of physical performance tests with a physio **in-person**

What did we find?



Poor (ICC<0.5)



Moderate (ICC=0.5-0.7)



Good-excellent (ICC≥0.7)

Reliability for repeat use via telehealth

Agreement between scores via telehealth and in-person

30 second chair stand		
5 metre fast paced walk		
Stair climb		
Timed up and go		
Step test		
Timed single-leg stance test	*right limb only	*left limb only
Calf raise tests		

What did we conclude?

Stair climb, timed up and go, right leg timed single-leg stance, and calf raise tests have acceptable reliability for use via telehealth. If re-testing via a different mode (telehealth/in-person), clinicians and researchers should consider using the **30 second chair stand** test, left leg **timed single-leg stance**, and **calf raise** tests.

