

Functional tests

1. Max Grip Strength (Digital)

In this test, we will measure how strong your grip is. You will be given a small device to hold, called a (Jamar) **dynamometer**, and we'll ask you to squeeze it as hard as you can with one hand. We will do this a few times for both hands, and the device will automatically record the maximum strength you can apply. This test helps us understand your overall muscle strength.

2. Balance (Whole Body)

For the balance test, we will ask you to stand or move in certain ways to see how well you can maintain your balance. You might be asked to stand on one leg or walk in a straight line. This test helps us assess how well you can control your body's position, which is important for preventing falls and staying steady on your feet. Your balance will be assessed while you are standing upright and one foot is lifted off the ground at least 12 inches. Your arms are kept down at your sides and your gaze is fixed straight ahead. We will measure how long you are able to stand in this one-legged position without lifting your arms or lowering your raised foot to the ground. The test will be repeated three times.

3. Gait Speed (6-meter Walk Test)

In this test, you will be asked to walk a distance of **6 meters** (about 20 feet) at your usual comfortable pace. We will time how long it takes you to walk this distance, and that will give us a measure of your walking speed. This test helps us understand your mobility and overall physical health.

4. Digit Symbol Substitution Test (Online)

In this task, you will see a series of numbers, each with a unique symbol that matches it. Your job is to match as many of these symbols to the correct numbers as quickly as possible within a set amount of time (typically 90 to 120 seconds). The symbols and numbers will be displayed on the screen along with a key or legend to help you know which symbol goes with which number. This test will be conducted online and it is designed to measure your processing speed, attention, and memory, and it gives us an understanding of how quickly and accurately your brain can work to solve problems.