










| Start position | Movement | End position | Description of the exercises | 30 seconds RM-Score | |
|--|--|--|--|--|------------------|
|  |  |  | <p>1. The Lateral Step-up Test The child stands with the extremity being tested on a 20 cm step with its feet parallel and shoulder width apart. Appropriate lateral step-up technique is defined as achieving a position within 15° of knee extension for the tested extremity during the extension phase of the test. Repetitions are counted each time the heel or toes of the extremity not being tested touches the floor.</p> | L ₁ | R ₁ |
|  |  |  | <p>2. Sit-to-Stand The child is positioned on a small bench, and seated with its feet flat on the floor and knees and hips flexed at 90°. The child has to achieve standing, arms free, without any assistance from their arms on the bench or their body in the transition. Repetitions are counted each time the child's legs and hips are within 15° of the extended position.</p> | LR ₂ | |
|  |  |  | <p>3. Attain stand through half kneel, without using arms The child is positioned on a mat in a half kneeling position, arms free. This means that weight bearing is on one knee and the opposite foot, and that the alignment may vary as long as the buttocks are clear of the lower legs and/or the weight bearing surface. The child has to achieve standing without using any external support such as furniture or the floor. Repetitions are counted each time the child achieved a standing position, and both legs and hips are within 15° of the extended position.</p> | L ₃ | R ₃ |
| | | | | Total score | |
| | | | | L _{tot} | R _{tot} |
| | | | | $L_{tot} = L_1 + LR_2 + L_3$ $R_{tot} = R_1 + LR_2 + R_3$ | |

