

10-S Step Test

EVIDENCE

The 10-S Step Test has a category C recommendation in accordance with COSMIN criteria (1-3) due to high quality evidence for insufficient criterion validity.

RELIABILITY

Property	Result Summary	Overall Rating	Quality of Evidence	Reference
Reliability	Test-retest stability: Spearman's rank correlation: 0.89; total sample size: 163	Indeterminate	Low	(20)

VALIDITY

Property	Result Summary	Overall Rating	Quality of Evidence	Reference
Criterion validity	JOA Spearman's rank correlation: 0.66; total sample size: 163	Insufficient	High	(20)
Construct validity	Grip-and-release test [convergent] Spearman's rank correlation: 0.53; total sample size: 163	Sufficient	Moderate	(20)

RESPONSIVENESS

- No formal assessment found

INTERPRETABILITY

- No formal assessment found

FEASIBILITY

Tool	Time (Min)	Equipment	Training	License	Money	Ease of Administration	Overall Assessment
10-s Step Test	5	Minimal	No	No	No	Minimal barriers	Minimal barriers