

TABLE E-1 Demographic Information

Demographic Information	Patient Group* (N = 40)	Control Group* (N = 40)	P Value
Age (yr)	60.0 ± 6.9	60.5 ± 7.4	0.745
Height (cm)	156.4 ± 6.2	154.9 ± 5.4	0.268
Weight (kg)	60.2 ± 6.8	59.9 ± 8.7	0.869
*The values are given as the mean and the standard deviation.			

TABLE E-2 Short Physical Performance Battery

	Description	Score
Standing balance*	Cannot hold a semi-tandem position for ten seconds, nor hold a side-by-side standing position for ten seconds	0
	Cannot hold a semi-tandem position for ten seconds, but can hold a side-by-side standing position for ten seconds	1
	Can hold a semi-tandem position for ten seconds, but cannot hold a full tandem position for more than two seconds	2
	Can hold a semi-tandem position for ten seconds, and stand in the full tandem position for three to nine seconds	3
	Can hold a semi-tandem position for ten seconds, and stand in the full tandem position for ten seconds	4
Walking speed†	Impossible to complete the task	0
	5.7 seconds or more	1
	4.1 to 5.6 seconds	2
	3.2 to 4.0 seconds	3
	3.1 seconds or less	4
Ability to rise from a chair‡	Impossible to complete the task	0
	16.7 seconds or more	1
	13.7 to 16.6 seconds	2
	11.2 to 13.6 seconds	3
	11.1 seconds or less	4

*For tests of standing balance¹³, the interviewer supported one arm while the subject positioned his or her feet according to the instruction, and the interviewer released the subject's arm when he or she was ready. The time was checked when the subject lost his or her balance or when ten seconds had passed. Each subject began with the semi-tandem stand. Those unable to hold the semi-tandem position for ten seconds were evaluated with the side-by-side position. Those able to maintain the semi-tandem position for ten seconds were evaluated with the full-tandem position. †A 2.4-m (8-foot) walk at the subject's normal pace was timed, and the subjects were scored according to the time required. The time of the faster of two walks was used for scoring. ‡Subjects were asked to fold their arms across their chests and to stand up from a sitting position once; if they successfully rose from the chair, they were asked to stand up and to sit down five times as quickly as possible.