## Timed Up and Go Test

**Overview:**

The Timed Up and Go (TUG)[1] test measures, in seconds, the time taken by an individual to stand up from a standard arm chair (approximate seat height of 46 cm [18in], arm height 65 cm [25.6 in]), walk a distance of 3 meters (118 inches, approximately 10 feet), turn, walk back to the chair, and sit down. The subject wears his/her regular footwear and uses his/her customary walking aid (cane, walker, etc.). No physical assistance is given. The subject starts with his/her back against the chair, his/her arms resting on the armrests, and walking aid at hand. The subject is instructed that, on the word **"go"** he/she is to get up and walk at a comfortable and safe pace to a line on the floor 3 meters away, turn, return to the chair and sit down again. *The subject walks through the test **once** before being timed in order to become familiar with the test.*

Use either a stopwatch or wristwatch with a second hand to time the test. If using a stopwatch, start the time once the subject is standing and stop the time once the subject is seated.

**Instructions to the patient:**

***"When I say 'go' I want you to stand up and walk to the line, turn and then walk back to the chair and sit down again.Walk at your normal pace."***

**Scoring:**

TUG Score _____sec.

☐ Walking aid used? Type of aid: _____

Older adults (age 65+) who took 13.5 seconds or longer to perform the TUG were classified as fallers with an overall correct prediction rate of 90%[2].

[1] Podsiadlo, D., & Richardson, S. (1991). The timed "up & go": A test of basic functional mobility for frail elderly persons. Journal of the American Geriatrics Society, 39, 142-148.

[2] Shumway-Cook A, Baldwin M, Polissar NL, Gruber W. Predicting the probability for falls in community-dwelling older adults. Phys Ther. 1997;77:812-819.