

# Timed Up and Go Test

Name of patient: \_\_\_\_\_ Date of test: \_\_\_\_\_

Name of the tester: \_\_\_\_\_

## Before starting the test, you're going to need the following:

- Tape to make a 3-meter-long distance marker
- An armchair to be used as the starting and ending points of the test
- Ruler/yardstick to measure the distance for the tape
- Stopwatch to time your elderly patient

Make sure your patient is wearing the footwear that they normally wear. They may use a walking aid, if needed.

## Instructions:

1. The test starts when you say **GO**.
2. When you say **GO**, they have to stand up from the chair and walk towards the distance marker
3. Once they reach the distance marker, they have to turn around, walk back to the chair, and sit down
4. They only need to walk at the normal pace that they do

Tell your patient these instructions so they know what to do.

On the word **GO**, start the timer.

Turn off the timer once they sit down on the chair.

Make sure to record the time.

Allow them a practice round.

**Time in seconds:** \_\_\_\_\_

## Observations:

As they go about their walk, make sure you observe your patient and note down anything you notice from the following:

- Slow pace
- They swayed a lot
- They lost their balance
- They have short strides
- They have little to no arm swing
- They shuffle
- They steadied themselves on a wall
- En bloc turning while sitting down
- Had a hard time using walking aid

If any of these apply to the session, these could be indicative of possible neurological problems that need to be evaluated.

## Additional Notes