Timed Up and Go Test

Patient name: _____   **Age:** _____

Examiner: _____   **Date of assessment:** _____

Purpose	Equipment
To assess mobility	A stopwatch

Directions
Patients wear their regular footwear and can use a walking aid, if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters, or 10 feet away, on the floor.

Procedure

1. Instruct the patient:

   When I say "Go," I want you to:
   1. Stand up from the chair.
   2. Walk to the line on the floor at your normal pace.
   3. Turn.
   4. Walk back to the chair at your normal pace.
   5. Sit down again.

2. On the word "Go," begin timing.
3. Stop timing after patient sits back down.
4. Record time.

Note: Always stay by the patient for safety.

Results

Time in seconds:

An older adult who takes ≥12 seconds to complete the TUG is at risk for falling.

Observations

Observe the patient's postural stability, gait, stride length, and sway. Check all that apply:

☐ Slow tentative pace   Steadying self on walls

☐ Loss of balance   Shuffling

☐ Short strides   En bloc turning

☐ Little or no arm swing   Not using assistive device properly

These changes may signify neurological problems that require further evaluation.

Notes

Centers for Disease Control and Prevention National Center for Injury Prevention and Control. (2017). *Timed up and go test*. https://www.cdc.gov/steadi/media/pdfs/steadi-assessment-tug-508.pdf

Herman, T., Giladi, N., & Hausdorff, J. M. (2011). Properties of the "timed up and go" test: More than meets the eye. *Gerontology*, *57*(3), 203–210. https://doi.org/10.1159/000314963