

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	
<p>1. Instruct the patient:</p> <p>When I say “Go,” I want you to:</p> <ol style="list-style-type: none">Stand up from the chair.Walk to the line on the floor at your normal pace.Turn.Walk back to the chair at your normal pace.Sit down again. <p>2. On the word “Go,” begin timing.</p> <p>3. Stop timing after patient sits back down.</p> <p>4. Record time.</p> <p>Note: Always stay by the patient for safety.</p>	
Results	
Time in seconds:	
<i>An older adult who takes ≥ 12 seconds to complete the TUG is at risk for falling.</i>	
Observations	
Observe the patient’s postural stability, gait, stride length, and sway. Check all that apply:	
<input type="checkbox"/> Slow tentative pace	<input type="checkbox"/> Steadying self on walls
<input type="checkbox"/> Loss of balance	<input type="checkbox"/> Shuffling
<input type="checkbox"/> Short strides	<input type="checkbox"/> En bloc turning
<input type="checkbox"/> Little or no arm swing	<input type="checkbox"/> 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/steady/media/pdfs/steady-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>