

## Timed Up and GO (TUG Test)

Client Name: \_\_\_\_\_

1. Equipment: arm chair, tape measure, tape, stop watch.
2. Begin the test with the subject sitting correctly (hips all of the way to the back of the seat) in a chair with arm rests. The chair should be stable and positioned such that it will not move when the subject moves from sit to stand.
3. Place a piece of tape or other marker on the floor 3 meters (120 inches) away from the chair so that it is easily seen by the subject.
4. Instructions: "On the word GO you will stand up, walk to the line on the floor, turn around and walk back to the chair and sit down. Walk at your regular pace.
5. Start timing on the word "GO" and stop timing when the subject is seated again correctly in the chair with their back resting on the back of the chair.
6. The subject wears their regular footwear, may use any gait aid that they normally use during ambulation, but may not be assisted by another person. There is no time limit. They may stop and rest (but not sit down) if they need to.
7. Normal healthy elderly usually complete the task in ten seconds or less. Very frail or weak elderly with poor mobility may take 2 minutes or more.
8. The subject should be given a practice trial that is not timed before testing.
9. Results correlate with gait speed, balance, functional level, the ability to go out, and can follow change over time.
10. Interpretation < 10 seconds = normal  
< 20 seconds = good mobility, can go out alone, mobile without use of gait aid  
> 30 seconds = problems, cannot go out alone, requires use of gait aid  
A score of more than or equal to 14 seconds has been shown to indicate high risk of falls.

1. Podsiadlo D. Richardson S. The Time "Up and Go": A test of basic functional Mobility for Frail and Elderly Persons. From the Journal of the American geriatrics Society 1991
2. Shumway-Cook A. Brauer S. Woollacott M. Predicting the Probability for falls in a Community Dwelling Older Adults Using the Timed up and Go Test
3. Physical Therapy 2000 Vol. 80- Saskatoon Falls Prevention Consortium, Falls Screening and Referral Algorithm, TUG, Saskatoon Falls prevention Consortium, June 2005

RN Signature \_\_\_\_\_ Date \_\_\_\_\_