

## Timed Up & Go (TUG) Directions

### Timed Up and Go Test

#### Overview:

The Timed Up and Go (TUG) 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 <sup>1</sup> were classified as fallers with an overall correct prediction rate of 90% <sup>2</sup>.

<sup>1</sup> 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.

<sup>2</sup> Shumway-Cook A, Baldwin M, Polissar NL, Gruber W. Predicting the probability for falls in community-dwelling older adults. *Phys Ther*. 1997;77:812

