

Timed Up & Go (TUG)¹⁻³

Equipment:

- Stopwatch
- Marker (i.e. tape) 3 meters away
- Standard armchair

Instructions:

Measure time (in seconds) taken by an individual to stand up from a standard armchair, walk distance of 3 meters, turn, walk back to chair, and sit down again. Subject should wear regular footwear and use customary walking aid. Subject starts with back against the chair, arms resting on the chair's arms and the walking aid at hand. The client is instructed that, on the word "go" he/she is to get up and walk at a comfortable and safe pace to the line on the floor 3 meters away, turn, return to chair and sit down again. The person has a practice trial then 2 time trials that are averaged. The tester may want to document the transition phases: rising from chair, initiating walking, turning and descent into chair. Timer starts on the word "go" and stops when the subject is seated again correctly in the chair with their back resting on the back of the chair.

1. Podsiadlo D, Richardson S. The timed "Up & go": A test of basic functional mobility for frail elderly persons. *J Am Geriatr Soc.* 1991;39:142-148.
2. Steffen TM, Hacker TA, Mollinger L. Age- and gender-related test performance in community-dwelling elderly people: Six-minute walk test, berg balance scale, timed up & go test, and gait speeds. *Phys Ther.* 2002;82:128-137.
3. Shumway-Cook A, Brauer S, Woollacott M. Predicting the probability for falls in community-dwelling older adults using the timed up & go test. *Phys Ther.* 2000;80:896-903.