



## Timed Up and Go (TUG) Test

Description: Measure of function with correlates to balance and fall risk

Equipment: Stopwatch, Standard Chair, Measured distance of 3 meters (10 feet)

Patient Instructions: “My commands for this test are going to be ‘ready, set, go’. When I say go, I want you to stand up from the chair. You may use the arms of the chair to stand up or sit down. Once you are up, you may take any path you like, but I want you to move as QUICKLY as you feel safe and comfortable until you pass this piece of tape (or end of marked course) with both feet. Turn around and walk back to the chair. I will stop the clock when your back touches the back of the chair. You will complete one practice run and two that are counted.”

Therapist Instructions: 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. 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.

Interpretation:

≤ 10 seconds = normal

≤ 20 seconds = good mobility, can go out alone, mobile without gait aid

≤ 30 seconds = problems, cannot go outside alone, requires gait aid

\* A score of ≥ 14 seconds has been shown to indicate high risk of falls

Age Matched Norms:

Timed Up and Go	Age in years	Mean in seconds
	60-69	7.9 +/- 0.9
	70-79	7.7 +/- 2.3
	80-89	No device: 11.0 +/- 2.2 With device: 19.9 +/- 6.4
	90-101	No device: 14.7 +/- 7.9 With device: 19.9 +/- 2.5

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- Lusardi MM, Pellecchia GL, Schulman M. Functional Performance in Community Living Older Adults. Journal of Geriatric Physical Therapy 2003; 26(3): 14-22.
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