

TIMED UP AND GO TEST

Name : _____

d.o.b. : _____

Tested by : _____

Date : _____

SCORE : _____

Method :

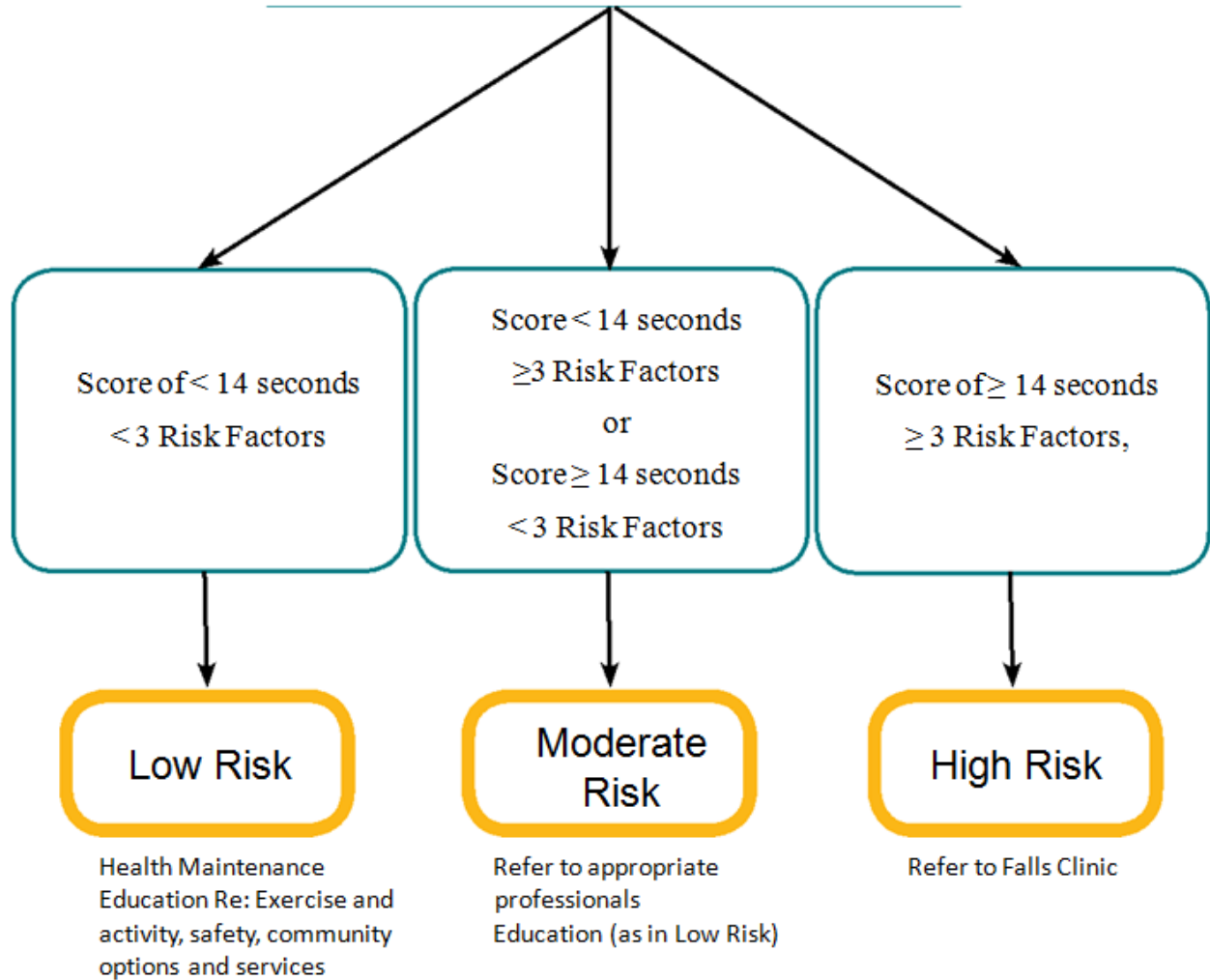
- Equipment: a standard armchair (seat height of approximately 46 cm), tape measure, tape, stop watch.
- Begin the test with the subject sitting correctly (hips all of the way to the back of the seat) in a chair with arm rests.
- The chair should be stable and positioned such that it will not move when the subject moves from sit to stand.
- The subject is allowed to use the arm rests during the sit – stand and stand – sit movements.
- Place a piece of tape or other marker on the floor 3 meters away from the chair so that it is easily seen by the subject.
- 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.
- 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. The subject may stop and rest (but not sit down) if they need to.
- The subject should be given a practice trial that is not timed before testing.

Scoring :

< 10 seconds	Normal
10-20 seconds	Good Mobility. Can go out alone. Mobile without a gait aid.
20-30 seconds	Impaired Mobility
>30 seconds	Problems. Cannot go outside alone. Requires a gait aid.

>14 seconds is associated with high fall risk in Community Dwelling Frail Older Adults
>10 seconds is predictive of near-falls in older adults with hip osteoarthritis
>24 seconds is predictive of falls within 6 months after hip fracture
>30 seconds is predictive of requiring an assistive device for ambulation and being dependent in Activities of Daily Living.

Falls Screening and Referral Algorithm, TUG



Risk Factors :

Previous falls or near falls
 Sensory risk
 Medication risk (≥ 4 meds/day)
 >1 Drink of alcohol/day
 Medical risk
 Cognitive risk
 Environmental hazards
 Gait/mobility risk

Endurance/weakness
 Dizziness or balance problems
 Arthritis/pain
 Inadequate nutrition
 Incontinence
 Sleeping problems
 Sleeping problems
 Previous fractures/Osteoporosis
