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 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

>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.
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
- Previous fractures/Osteoporosis

Falls Screening and Referral Algorithm, TUG

Score < 14 seconds
≥ 3 Risk Factors
or
Score ≥ 14 seconds
< 3 Risk Factors

Low Risk
Health Maintenance
Education Re: Exercise and
activity, safety, community
options and services

Moderate Risk
Refer to appropriate
professionals
Education (as in Low Risk)

High Risk
Refer to Falls Clinic