

GUG *Get Up and Go Test*

Purpose : Observation of balance and gait, without timing.

Admin time : 5 min

User Friendly : High

Administered by : Healthcare provider or self administered

Content : Instructions for the assessment and recording of balance and gait

Author : Mathias S, 1986

Ref.: Mathias S, Nayak US, Isaacs B. Balance in elderly patients: the "get-up and go" test. Arch Phys Med Rehabil. 1986 Jun;67(6):387-9.

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<https://www.cgakit.com/g-1-gug-test>

GET UP AND GO TEST

Name

d.o.b.

Tested by

Date tested

SCORE

Method :

The Subject :

- Wears regular footwear
- Seated in arm chair (Straight-backed office chair with armrests)
- Back against the chair, arms resting on chair arms
- Uses customary walking aid
- From start position, the subject stands, walks at a comfortable pace a distance of approximately 3 meters away (to a marker placed on the floor), turns, walks back to the chair, and sits down
- Allow the subject a trial run for familiarization first.
- For safety, the assessor should stand in close proximity to the patient while observing their gait.

Scoring :

5-point scale

The assessment is based on observing the patient for their risk for falling, gait speed, hesitancy, staggering, and stumbling.

1 = Normal movements, no sign of any fall risk

2 = Basically safe performance, but cautious with adjusted movements such as being slow and/ or having a wider base of support than normal, mildly abnormal

3 = Clearly abnormal – might be hesitant, walk excessively rapid/ at an unsafe speed, and/ or show uncoordinated, irregular movements such as staggering/ weaving, moderately abnormal

4 = Supervision required, with clear abnormalities such as having trouble getting up from sitting or with sitting down

5 = Severely abnormal, clear risk of falling; stand-by assistance or physical support required **A**

Score of 3 or more is considered abnormal.

Individuals who have difficulty or demonstrate unsteadiness while performing this manoeuvre require further assessment.