

Instructions for recording a Timed Up and Go Test

Equipment required:

- standard clinic chair with arm rest
- clinic iPhone or iPad for stopwatch feature
- cable cover Velcro to the floor to mark the 3m distance

Instructions:

- Patients wear their regular footwear and can use a walking aid, if needed.
- The patient starts in a seated position
- explain to the patient that *we want them to stand up, walk to just beyond the marker, turn around and walk back to the chair and sit down when I say 'GO!' Do you have any questions?*
- The patient stands up upon therapist's command walks 3 meters, turns around, walks back to the chair, and sits down.
- The time stops when the patient is seated.
- Be sure to document the assistive device used.

Note: A practice trial should be completed before the timed trial

Observations

An older adult who takes ≥ 12 seconds to complete the TUG is at risk for falling.

Cut of scores indicating risk of falls by Population (in seconds)

- Community dwelling adults - 13.5
- Older stroke patients - 14
- Frail elderly - 32.6
- Leg amputees - 19
- PD - 11.5
- Hip OA - 10
- Vestibular disorders - 11.1