

# Timed Up & Go Test (TUG)

Health Professionals are asked to assess annually all patients who are 65 years or older

## Directions:

The timed “Up and Go” test measures, in seconds, the time taken by an individual to stand up from a standard arm chair, walk a distance of 3 metres, turn, walk back to the chair and sit down. The subject wears their regular footwear and uses their customary walking aid.

## Instructions to the Patient:

“When I say ‘go’, I want you to stand up and walk to the line, turn and then walk back to the chair and sit down again. Walk at your normal pace.”

**Older adults who take longer than 14 seconds to complete the TUG have a high risk for falls**

## References:

Lundlin-Olsson, L., Nyberg, L., & Gustafson, Y. (1998). Attention, frailty, and falls: the effect of a manual task on basic mobility. *Journal of the American Geriatrics Society*, 46, 758-761.

Podsiadlo, D., & Richardson, S. (1991). The timed “up & go”: A test of basic functional mobility for frail elderly persons. *Journal of the American Geriatrics Society*, 39, 142-148

Shumway-Cook, A., Brauer, S., & Woollacott, M. (2000). Predicting the probability for falls in community-dwelling older adults using the timed up & go test. *Physical Therapy*, 80(9), 896-903.