

## Timed Up and Go Instructions

### General Information (derived from Podsiadlo and Richardson, 1991):

The patient should sit on a standard armchair, placing his/her back against the chair and resting his/her arms on the chair's arms. Any assistive device used for walking should be nearby.

Regular footwear and customary walking aids should be used.

The patient should walk to a line that is 3 meters (9.8 feet) away, turn around at the line, walk back to the chair, and sit down.

The test ends when the patient's buttocks touch the seat.

Patients should be instructed to use a comfortable and safe walking speed.

A stopwatch should be used to time the test (in seconds).

### Set-up:

Measure and mark a 3 meter (9.8 feet) walkway

Place a standard height chair (seat height 46cm, arm height 67cm) at the beginning of the walkway

### Patient Instructions (derived from Podsiadlo and Richardson, 1991):

Instruct the patient to sit on the chair and place his/her back against the chair and rest his/her arms on the chair's arms.

The upper extremities should not be on the assistive device (if used for walking), but it should be nearby.

Demonstrate the test to the patient.

When the patient is ready, say "Go"

The stopwatch should start when you say go, and should be stopped when the patient's buttocks touch the seat.

# Timed Up and Go Testing Form

Name: \_\_\_\_\_

Assistive Device and/or Bracing Used: \_\_\_\_\_

Date: \_\_\_\_\_

TUG Time: \_\_\_\_\_

Date: \_\_\_\_\_

TUG Time: \_\_\_\_\_

Date: \_\_\_\_\_

TUG Time: \_\_\_\_\_

Date: \_\_\_\_\_

TUG Time: \_\_\_\_\_

Date: \_\_\_\_\_

TUG Time: \_\_\_\_\_

Reference:

Podsiadlo, D. and Richardson, S. (1991). "The timed "Up & Go": a test of basic functional mobility for frail elderly persons." *J Am Geriatr Soc* 39(2): 142-148.