

## Timed Up & Go Test (TUG)

### Research Report

Author: Anne Shumway-Cook, Sandy Brauer, and Marjorie Woollacott

#### Description of the Instrument

- Patients are timed (in seconds) when performing the TUG—3 conditions
  1. TUG alone—from sitting in a chair, stand up, walk 3 meters, turn around, walk back, and sit down..
  2. TUG Cognitive—complete the task while counting backwards from a randomly selected number between 20 and 100.
  3. TUG manual—complete the task while carrying a full cup of water.
- The time taken to complete the task is strongly correlated to level of functional mobility, (i.e. the more time taken, the more dependent in activities of daily living).
- **The cutoff levels for TUG is 13.5 seconds or longer with an overall correct prediction rate of 90%**; for TUG manual is 14.5 seconds or longer with a 90% correct prediction rate; and Tug cognitive is 15 seconds or longer with an overall correct prediction rate of 87%.

#### Form of instrument:

- Hazard/Risk Assessment Tools
- To identify/screen elderly individuals who are prone to falls
- Interrater reliability was very high, with  $r=.98$ ,  $.99$ , and  $.99$  for the TUG, TUGmanual, and TUGcognitive respectively
- The TUG alone correctly classified 13/15 fallers (87% sensitivity) and 13/15 nonfallers (87% specificity).

#### Validity Measures

- **Older adults who take longer than 14 seconds to complete the TUG have a high risk for falls. This cutoff is different from Podsiadlo and Richardson, which is 30 seconds.**

#### Reference

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