Timed Up and Go (TUG) Test

Patient Name:

Date:_____

The subject should be given a practice trial that is not timed before testing.

- 1. Equipment: arm chair, tape measure, tape, stop watch.
- 2. Begin the test with the subject sitting correctly (hips all of the way to the back of the seat) in a chair with arm rests. The chair should be stable and positioned such that it will not move when the subject moves from sit to stand. The subject is allowed to use the arm rests during the sit stand and stand sit movements.
- 3. Place a piece of tape or other marker on the floor 3 meters away from the chair so that it is easily seen by the subject.
- 4. Instructions: "On the word GO you will stand up, walk to the line on the floor, turn around and walk back to the chair and sit down. Walk at your regular pace.
- 5. Start timing on the word "GO" and stop timing when the subject is seated again correctly in the chair with their back resting on the back of the chair.
- 6. The subject wears their regular footwear, may use any gait aid that they normally use during ambulation, but may not be assisted by another person. There is no time limit. They may stop and rest (but not sit down) if they need to.

Results correlate with gait speed, balance, functional level, the ability to go out, and can follow change over time.

Date	Score	Device/Notes

Descriptors (circle all that apply):

Slow Rise	Uncontrolled descent
Multiple attempts to rise	Slow, tentative pace
Loss of balance	Short strides
Little or no arm swing	Steadying self on walls or furniture
Using device inappropriately	Using device unsafely

Normative Reference Values by Age:

Age Group	Time in Seconds (959	% Confidence Interval)
60 – 69 years	8.1	(7.1-9.0)
70 – 79 years	9.2	(8.2 – 10.2)
80 – 99 years	11.3	(10.0 – 12.7)

Cut-off Values Predictive of Falls by:

Group	Time in Seconds	
Community Dwelling Frail Older Adults	> 14 associated with high fall risk	
Post-op hip fracture patients at time of discharge ³	> 24 predictive of falls within 6 months after hip fracture	
Frail older adults	> 30 predictive of requiring assistive device for ambulation and being dependent in ADLs	

	SEM	MDC
Alzheimer's	1.52 sec mild to mod Alz.	4.09 sec
	3.03 sec mod severe to severe	
Parkinson's	1.75 sec	4.85 sec
Stroke	1.14 sec	2.9 sec

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Cut-Off Scores indicating risk of falls by population:

Population	Cut-Off Score	Author
Community dwelling adults	> 13.5 sec	Shumway-Cook et al, 2000
Older stoke patients	> 14 sec	Andersson et al, 2006
Older adults already		
attending a falls clinic	> 15 sec	Whitney et al, 2005
Frail elderly	> 32.6 sec	Thomas et al, 2005
LE Amputees	> 19 sec	Dite et al, 2007
Parkinson's Disease	> 11.5 sec	Nocera et al, 2013
	> 7.95 sec	Dibble et al, 2006
Hip Osteoarthritis	> 10 sec	Arnold et al, 2007
Vestibular Disorders	> 11.1 sec	Whitney et al, 2004

References:

- 1. Bohannon RW. Reference values for the Timed Up and Go Test: A Descriptive Meta-Analysis. Journal of Geriatric Physical Therapy, 2006;29(2):64-8.
- 2. Shumway-Cook A, Brauer S, Woollacott M. Predicting the probability for falls in community-dwelling older adults using the timed up & go test. Phys Ther. 2000;80:896-903.
- 3. Kristensen MT, Foss NB, Kehlet H. Timed "Up and Go" Test as a predictor of falls within 6 months after hip fracture surgery. Phys Ther. 2007.87(1):24-30.

Additional References:

- Bischoff HA, Stahelin HB, et al. Identifying a cut-off point for normal mobility: A comparison study of the timed "up and go" test in community-dwelling and institutionalized elderly women. Age and Ageing. 2003;32:315-320.
- Boulgarides LK, McGinty SM, et al. Use of clinical and impairment-based tests to predict falls by community-dwelling older adults. Phys Ther. 2003;83:328-339.
- Podsiadlo D, Richardson S. The timed "up & go": A test of basic functional mobility for frail elderly persons. JAGS. 1991;39:142-148.