

## Timed Up and Go (TUG)

1. Standard chair (seat height 46 cm, arm height 65 cm) placed against solid wall
2. Rolling measure - measure 3 m (9.84 feet) from legs of chair – place cone at end of 3 meters
3. Patient/client may use assistive device
4. No physical assistance given
5. May use gait belt if mobility is unknown
6. Patient/client starts with back against chair, arms on arm rests
7. Perform practice test
8. Instructions given - "On go, stand and walk 3 m (9.84 feet), turn around the cone and return to chair and sit with your back against the chair"
9. In re-test, use same assistive device as pre-test

### Meta-analysis

<u>Age</u>	<u>Seconds for TUG Mean (SD)</u>
60-99 years	9.4 (8.9-9.9)
60-69 years	8.1 (7.1-9.0)
70-79 years	9.2 (8.2-10.2)
80-89 years	11.3 (10.0-12.7)

(Bohannon 2006)

- <10 sec = freely mobile
- Community dwelling older adults should be able to perform the TUG in 12 or less seconds (Bischoff HA et al, Age Ageing, 2003)
- >20 sec = may need assistive device
- >30 sec = dependence

Also 8-foot TUG has been developed that has norms based on age groups and gender (Rikli RE, Jones CJ, 1999)

95% percentile for 60-64 y/o females = 3.2 sec

95% percentile for 60-64 y/o males = 3.0 sec

Time required to complete test \_\_\_\_\_