

Timed Up and Go (TUG):

Adapted from Podsiadlo D, Richardson S. The timed "up and go" a test of basic functional mobility for frail elderly persons. *JAGS* 1991; 39: 142-148. Used with permission from UK Pubmed Central.

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 m, turn, walk back to the chair, and sit down. The subject wears their regular footwear and uses their customary walking aid (none, cane, walker). No physical assistance is given. They start with their back against the chair, their arms resting on the armrests, and their walking aid at hand. They are instructed that, on the word "go" they are to get up and walk at a **comfortable and safe pace** to a line on the floor 3 meters away, turn, return to the chair and sit down again. The subject walks through the test once before being timed in order to become familiar with the test. Either a stopwatch or a wristwatch with a second hand can be used to time the trial.

Equipment: standard arm chair (approximate seat height of 46 cm, arm height 65 cm)

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."

Timed Up and Go Testing Form:

Patient name: _____ Date: _____

Time taken for "Up and Go" test: _____ seconds.

Unstable on turning? ☐ Yes ☐ No

Walking aid used? Y / N Type of aid: _____