Modified Timed Up and Go test (mTUG) Instructions

Perform this test only if patient meets the following threshold criteria: 2A) Therapeutic Walking Capacity – Maximum Assist: ability to stand and initiate reciprocal steps through voluntary L/E movement but requires maximal physical assistance (>50% of total effort) of at least one person and may include use of assistive devices and/or orthoses with the exception of bilateral KAFOs.

Time to complete: less than 5 minutes

Equipment needed: Modified Timed Up and Go test: standard armchair with a 44-cm seat height (from floor), stopwatch, a 3 metre distance measured out and marked on the floor with tape (from chair)

Therapist Instructions:
- Each participant is instructed to use an assistive device and/or brace(s) as needed. The tester provides instructions and answers the participant’s questions.
- The tester provides physical assistance if needed. The tester times the participant during each task. The tester provides feedback/encouragement only after the task is completed.
- If the participant cannot attempt the mTUG, or does not complete the test, he/she is assigned the maximum time for that task, and an assistance rating of 6 (‘unable to complete’) (see scoring table on test sheet). If the participant takes longer than the maximum time to complete a task, he/she is assigned the maximum time, and the assistance rating that corresponds to the devices/assistance used for that task.
- Prior to performance of the TUG, the tester explains and demonstrates the task. The participant is informed that performance of the task is timed and is instructed to ask for clarification at any time.
- The individual is instructed to stand up from an arm chair, walk 3 meters, return to the chair and sit down at their preferred walking speed.
- Note: the time recorded should be the time in seconds taken from the time the tester says “go” and presses stopwatch to begin timing to the time the participant is fully seated with their back against the chair.

- **Patient Instructions:** “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.”
Notes: This Test has been modified. In addition to timing the up and go a score for assistance is also made according to the scale below.

Assistance Ratings: Each participant is instructed to use an assistive device and/or brace(s) as needed. If a therapist is required to use a transfer belt by their facility the assistance rating will be independent unless the therapist has to physically touch or assist a patient during the test. If a harness or overhead support is required for assistance and safety then an assistance level of 5 is assigned.

1= independent (walking without any walking aids or assistance)
2 = 1 cane/crutch/rail
3 = 2 canes/crutches/rails
4 = walker (standard walker or 2- or 4-wheeled walker)
5 = assist of 1 (physical assistance of 1 person whether minimum, moderate or maximum assist)
6 = unable to complete

Clinical reference values:

Cut-off values: 13.5s for community dwelling older adults, 14s for older stroke patients indicates a risk of falls.


Smallest Real Difference= 10.8 seconds or 30%, found to detect significant clinical change in the TUG in SCI patients


Normative, SCI (AIS D):
- Mean (SD) TUG score; 17.0 (18.7), range = 6.4 to 111.3
- Mean (SD) TUG for Paraplegia; 19.7 (25.9), range = 6.4 to 111.3
- Mean (SD) TUG for Tetraplegia; 14.6 (8.8), range = 6.5 to 36.7