



# Timed Up & Go Test

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Purpose:** To assess mobility

**Equipment:** A stopwatch

**Directions:** Patients wear their regular footwear and can use a walking aid, if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters, or 10 feet away, on the floor.

## 1. Instruct the patient: "When I say "Go," I want you to:

- ☐ Stand up from the chair.    ☐ Walk to the line on the floor at your normal pace.
- ☐ Turn.    ☐ Walk back to the chair at your normal pace.    ☐ Sit down again.

Note: Always stay by the patient for safety.

## 2. On the word "Go," begin timing.      3. Stop timing after patient sits back down.

## 4. Record time.

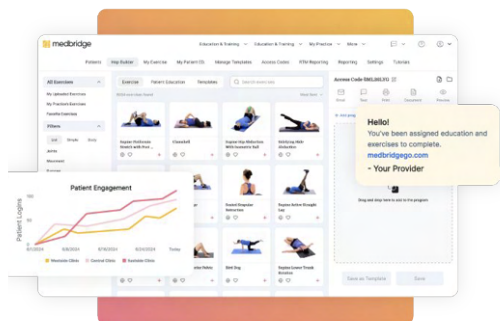
**Time in Seconds:** \_\_\_\_\_

An older adult who takes  $\geq 12$  seconds to complete the TUG is at risk for falling.

**Observations:** Observe the patient's postural stability, gait, stride length, and sway.

- Check all that apply:**
- ☐ Loss of balance
  - ☐ Shuffling
  - ☐ Slow tentative pace
  - ☐ Short strides
  - ☐ En bloc turning
  - ☐ Little or no arm swing
  - ☐ Steadying self on walls
  - ☐ Not using assistive device properly

These changes may signify neurological problems that require further evaluation.



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