

How to do the Timed Up and Go (TUG) Test

Purpose: To assess mobility.

Equipment:

- The patient wears their regular footwear and can use a walking aid if needed.

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."

Begin by having the patient sit back in a standard arm chair.

On the word "**Go**" begin timing.

On the word "**Go**" the patient:

1. Stands up from the chair
2. Walks to a line on floor (3 meters or 10 feet)
3. Turns
4. Walks back to the chair
5. Sits down

Stop timing.

Time: _____ **seconds**

TUG times can be considered worse than average if they exceed:

60-69y: 9.0s

70-79y: 10.2s

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

Notes: