

Timed Up and GO (TUG)



To determine fall risk and measure the progress of balance, sit to stand and walking.

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

•One chair with armrest

•Stopwatch

•Tape (to mark 3 meters)

1. Patients wear their regular footwear and can use a walking aid, if needed.
2. The patient starts in a seated position
3. The patient stands up upon therapist's command: walks 3 meters, turns around, walks back to the chair and sits down.
4. The time stops when the patient is seated.
5. Be sure to document the assistive device used.

Note: A practice trial should be completed before the timed trial

Result (in seconds):

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

Observations:

Patient:

Record number:

Date: