

Patient name:	Date:	Time:	AM/PM
NHI:	Test carried out by:		

The Timed Up and Go (TUG) Test

Overview: The Timed Up and Go (TUG) Test, in conjunction with other measures such as the Four-Stage Balance Test, 30 Second Chair Stand Test and an assessment of postural hypotension can help to indicate if a patient is at risk of falling. It is recommended that the TUG test is not used in isolation to predict risk of falls.¹

Purpose: To assess mobility

Equipment: A stopwatch/timer, tape measure

Directions: The patient may wear their regular footwear and can use a walking aid if this is usually required. Seat the patient in an arm chair and mark a line **three metres** away on the floor, e.g. with masking tape.

Do not conduct the TUG test if you feel the patient may fall during the test.

Instructions to the patient:

When I say **“Go”**, I want you to:

1. Stand up from the chair
2. Walk to the line on the floor at your normal pace
3. Turn
4. Walk back to the chair at your normal pace
5. Sit down again

On the word **“Go”** begin timing.

Stop timing after patient has sat back down and record their time below:

Time: **seconds**

Patients aged 65 years and older who take ≥ 12 seconds to complete the TUG are at risk of falling.

Observe the patient’s postural stability, gait, stride length and sway. Look in particular for:

- Slow tentative pace
- Loss of balance
- Short strides
- Little or no arm swing
- Steadying self on walls
- Shuffling
- En bloc turning*
- Not using assistive devices properly

Notes:

* Turning the head, trunk and pelvis as one unit rather than turning the body parts in a top-down sequence, as is usual.

1. Barry E, Galvin R, Keogh C, Horgan F, Fahey T. Is the Timed Up and Go test a useful predictor of risk of falls in community dwelling older adults: a systematic review and meta- analysis. *BMC Geriatrics* 2014; 14(1): 14