Timed Up & Go Test (TUG)

Health Professionals are asked to assess annually all patients who are 65 years or older.

Directions:

The timed “Up and Go” test measures, in seconds, the time taken by an individual to stand up from a standard arm chair, walk a distance of 3 metres, turn, walk back to the chair and sit down. The subject wears their regular footwear and uses their customary walking aid.

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.”

Older adults who take longer than 14 seconds to complete the TUG have a high risk for falls.

References:

