



Timed Up and Go (TUG)

The timed up and go is used to assess mobility, balance, walking ability and fall risk in adults 65 years and over.

Materials required:

- Measure and mark a 3-metre walkway either with tape or traffic cone
- Standard height chair (seat height 44-47cm, arm height 67cm) at the beginning of the walkway
- Stopwatch
- Pen and paper to record activity

Procedure:

- Regular footwear and usual assistive walking aids should be used if normally used.
- To begin the test, the patient should sit on the chair, feet flat on the floor, one foot slightly in front of the other and hands on the arm of the chair.
- When the patient is ready, say “Go”.
- The patient should stand up, walk to a line (or traffic cone) that is 3 meters away, turn around at the line, walk back to the chair, and sit down.
- The participant should be instructed to use a comfortable and safe walking speed.

Instructions to participant:

“When you are ready, stand up, walk to the line on the floor at your normal pace, turn around, walk back and sit down.”

How to measure:

- A stopwatch should be used to time the test (in seconds).
- The stopwatch should start when you say go, and should be stopped when the patient’s buttocks touch the seat.

Example Cut Points:

low physical performance ≥ 20 seconds

* Select the most appropriate cut point for the population you are working with

Frequently asked questions:

Q: Should a practice run be completed first?

A: Yes, the patient should be able to do one practice that is not timed.

Q: Can walking assistive devices be used?

A: Yes, if an assistive device is required for walking, the device should be nearby, but the upper extremities should be on the chair arms and not on the assistive device.

Q: Should the patient be instructed to walk as fast as they can?

A: No, it should be a normal comfortable and safe walking speed.

Key references:

Ishii S, Tanaka T, Shibasaki K et al. Development of a simple screening test for sarcopenia in older adults. *Geriatr Gerontol Int.* 2014;14(Suppl 1): 93–101.

Bahat G, Tufan A, Tufan F, Kilic C, Akpınar TS, Kose M, Erten N, Karan MA, Cruz-Jentoft AJ. Cut-off points to identify sarcopenia according to European Working Group on Sarcopenia in Older People (EWGSOP) definition. *Clin Nutr.* 2016;35(6):1557-1563. doi: 10.1016/j.clnu.2016.02.002.

Podsiadlo, D. and Richardson, S. "The timed "Up & Go": a test of basic functional mobility for frail elderly persons." *J Am Geriatr Soc.* 1991;39(2): 142-148.

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