



## Timed Up and Go (TUG) Test

### ► Instructions

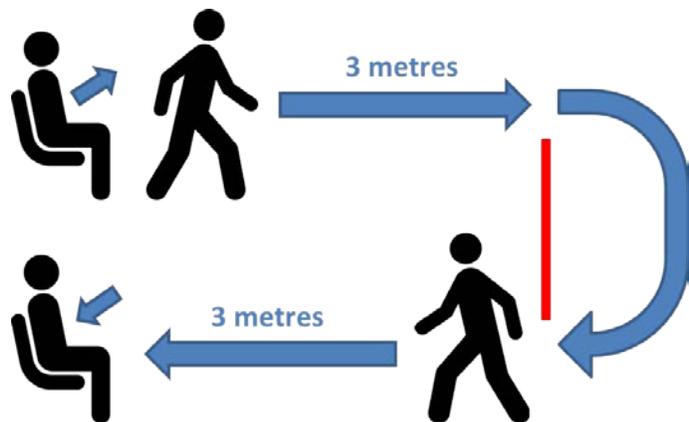
The test can be performed with any patient able to stand up from a chair and walk several metres.

1. Patients may use an assistive device, if needed.
2. Begin by having the patient sit back in a standard chair and point out a line 3 metres away on the floor.
3. Start the timer on the word “Go”.
4. Stop the timer when the patient has sat back down in the chair.

#### Directions to the patient:

When I say “Go”, I want you to:

- Stand up from the chair.
- Walk to the line on the floor at your normal pace.
- Turn.
- Walk back to the chair at your normal pace.
- Sit down again.



Time to complete TUG test:

Observe the patient’s postural stability, gait, stride length, and sway  
Notes:

**SCORING: A TUG time of > 10 seconds suggests an increased risk of frailty and the need for further clinical review.**

#### References:

1. Barry, E., Galvin, R., Keogh, C., Horgan, F., & Fahey, T. (2014). 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*, 1414.
2. General Practice Services Committee, Fall Prevention Resources, Timed Up and Go test. Available from: [http://www.gpsc.bc.ca/sites/default/files/Timed%20Up%20and%20Go%20Test\\_Final-June7\\_0.pdf](http://www.gpsc.bc.ca/sites/default/files/Timed%20Up%20and%20Go%20Test_Final-June7_0.pdf).