

Timed Up and Go Test (TUG)

The “Timed Up and Go” test measures, in seconds, the time taken by an individual to stand up from a standard folding chair (approximate seat height of 46 cm), walk a distance of 3 meters (approximately 10 feet), turn, walk back to the chair, and sit down again.

*Instructions: The subject wears his/her regular footwear. If a participant usually uses a cane, he/she **should** use it during the test, but this should be indicated on the data collection form. No physical assistance can be given.*

Setting up the test area:

- Determine a path free from obstruction.
- Place a standard folding chair at one end of the path.
- Ensure that the chair is supported from behind and will not tip over.
- Mark off a 3 meter distance using a tape measure from the base of the chair. Put a piece of masking tape at the 3 meter mark
- Place a cone on the inside of the tape to delineate turn-around point.
- Participant starts with their back against the chair, their hands resting on their lap, and walking aid in hand.

Start the test:

- Speak clearly and slowly.
 - Inform participant of sequence and outcome: “When I say go, you will stand up from the chair, walk to the mark (cone) on the floor, walk around the cone, walk back to the chair and sit down. Walk as fast as you can, safely, without falling. I will be timing you using a stopwatch.” Ask participants to repeat the instructions to make sure they understand.
- Use a cue like “Ready, Set, Go!”
- Start the stopwatch upon saying the word “Go”. Stop the stopwatch as soon as the subject’s buttocks contact the chair at the end of the walk.
- Record result to nearest 0.01 second. Perform two trials. Circle fastest time.

Performance Time:

Trial 1: _____ seconds

Trial 2: _____ seconds