

Timed Up and Go Test

1. Equipment: Chair with arms, tape measure, tape and stop watch
2. Begin the test with the subject sitting correctly in a chair with arms. The subject's back should be resting on the back of the chair.
3. Place a piece of tape or other marker on the floor in front of the subject and 3 metres away from the chair so that it is easily seen by the subject. The subject must have both feet behind the marker.
4. Instructions: On the word "GO" you will stand up, walk past the line on the floor, turn around and walk back to the chair and sit down. Walk at your regular speed.
5. Start timing on the word "GO" and stop timing when the subject is seated again correctly in the chair with their back resting on the back of the chair
6. The subject wears their regular footwear, may use any gait aid that they normally use during ambulation, but may not be assisted by another person. There is no time limit. They may stop and rest (but may not sit) if they need to.

Indication of:

- Gait speed
- Balance
- Functional Level
- Ability to go out

Time

< 10 secs = Normal

< 20 secs = Good mobility, out alone, mobile without aid

> 30 secs = Mobility problems

Gait speed

< 20 secs = > 0.5 m/sec

0.5 m/sec = Minimum required time to cross the street

1.0 m/sec = Average gait speed for elderly

Reference

Podsiadlo D, Richardson S.

The timed "Up & Go": a test of basic functional mobility for frail elderly persons.

J Am Geriatr Soc. 1991 Feb;39(2):142-8.