The Timed Up and Go (TUG) Test

Purpose: To assess mobility

Equipment: A stopwatch

Instructions to the patient:

When I say 'GO,' I want you to:

1. Stand up from the chair
2. Walk to the line on the floor at your normal pace
3. Turn
4. Walk back to the chair at your normal pace
5. Sit down again

Directions:

Patients wear their regular footwear and can use a walking aid, if needed. Begin by having the patient sit back in a standard arm chair and identify a line 10 feet away on the floor. Give the ***Instructions to the patient***.

- On the word 'GO' begin timing.
- Stop timing after the patient has sat back down and record.

Time: _____ seconds

An older adult who takes ≥ 12 seconds to complete the TUG is at high risk for falling.

Observe the patient's postural stability, gait, stride length, and sway.

Circle all that apply:

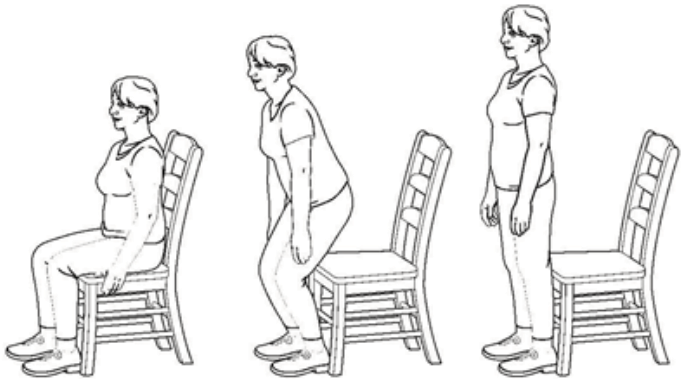
- ☐ Slow tentative pace
- ☐ Loss of balance
- ☐ Short strides
- ☐ Little or no arm swing
- ☐ Steadying self on walls
- ☐ Shuffling
- ☐ En bloc turning
- ☐ Not using assistive device properly

NOTES:

For relevant articles, go to www.cdc.gov/injury/STEADI

What to do about results:

- ***Go to the doctor:*** You are at high risk, share these results with your doctor as soon as possible
- ***Get Stronger****:* Your score can be better. Try the exercise on the back of this sheet. Sign up for Tai Chi Moving for Better Balance
- ***Keep Going****:* Your score is good. Keep moving and stay strong by focusing on balance and strength.



Chair Rise Exercise:

What it does: Strengthens the muscles in your thighs and buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10-15 times. If this number is too hard for you when your first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute and then do a final set of 10-15.

Oklahoma State Department of Health

Get more information and resources online:

Healthyaging.health.ok.gov

Healthy Aging
Living Longer Better

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This information has been adapted from the CDC.