

## Timed Up and Go Test

Patients who require more than 10 seconds for this test have limited physical mobility, may be at risk for falls, and may require assistance from other for many mobility tasks including basic transfers.

Use a standard armchair. Place the line 3 meters (or ten feet) from the chair. The score is the time taken in seconds to complete the task. The subject is encouraged to wear regular footwear and to use his customary walking aid. No physical assistance is given. Have the subject walk through the test once before timing.

The normal time required to complete the test is 7-10 seconds. Patients who cannot complete the task in that time are likely to have mobility and functional problems, particularly if unable to complete the task in less than 20 seconds.

To test the subject, give the following instructions:

- ❖ Rise from the chair
- ❖ Walk to the line on the floor (10 feet)
- ❖ Turn
- ❖ Return to the chair
- ❖ Sit down

(NOTE: Some practitioners also get useful information about lower extremity strength by asking the patient to sit up from a chair without using their arms, but this is not part of the standard “Timed Up and Go Test”).

Adapted from Podsiadlo, D. & Richardson, S. (1991). The Timed Up and Go: A test of Basic Functional Mobility for Frail Elderly Persons. *Journal of the American Geriatrics Society*, 39, 142-148.