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## Timed Up and Go (TUG)

Description: The TUG is used to assess mobility, balance, walking, and fall risk.

Equipment: Stopwatch, Standard Chair (seat height 46cm, arm height 67cm), measured distance of 3 meters (10 feet)

Patient Instructions: “My commands for this test are going to be ‘ready, set, go’. When I say go, I want you to stand up from the chair. You may use the arms of the chair to stand up or sit down. Once you are up, I want you to walk to the line on the floor, turn around, walk back to the chair, and sit down. I will stop the clock when you are seated. You will complete one practice run and three that are counted.”

Therapist Instructions: Start timing on the word “GO” and stop timing when the subject is seated again in the chair. 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 not sit down) if they need to.

Interpretation:

≤ 10 seconds = normal

≤ 20 seconds = good mobility, can go out alone, mobile without gait aid

≤ 30 seconds = problems, cannot go outside alone, requires gait aid

Age-Matched Norms:

Age in years	Mean in seconds
60-69	7.9 +/- 0.9
70-79	7.7 +/- 2.3
80-89	No device: 11.0 +/- 2.2 With device: 19.9 +/- 6.4
90-101	No device: 14.7 +/- 7.9 With device: 19.9 +/- 2.5

1. Podsiadlo D, Richardson S. The Time “Up & Go”: A Test of Basic Functional Mobility for Frail Elderly Persons. *Journal of American Geriatrics Society* 1991; 39(2): 142-148.
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3. Lusardi MM, Pellecchia GL, Schulman M. Functional Performance in Community Living Older Adults. *Journal of Geriatric Physical Therapy* 2003; 26(3): 14-22.
4. Saskatoon Falls Prevention Consortium, Falls Screening and Referral Algorithm, TUG, Saskatoon Falls Prevention Consortium, June 2005