

Timed Up and Go Test

The Timed Up and Go Test is a sensitive and specific measure for identifying community-dwelling older adults who are at risk of falls.

Shumway-Cook A, Braver S, Woollacott M. "Predicting the probability of falls in community-dwelling older adults using the timed up and go test." Phys Therapy 2000; 80: 896-903

For use in community and outpatient clinic settings at first point of contact

Patient Name:		DOB:		Unique ID Number:	
Assessor Name:		Date:		Place of Assessment	

Instruction Protocol



Components

1. Getting up from chair
2. Walking 3 metres
3. Turning
4. Walking 3 metres (return)
5. Sitting down

-
1. Patient is seated with back against the chair, arms resting on the arms of the chair and walking aid (if required) at hand.
 2. The test is explained to the patient – "When I ask you to start, I would like you to get up out of this chair and walk (with your stick/frame) at a comfortable and safe pace to the mark on the floor 3 metres away. Cross the line, turn round and return to the chair and sit down again."
 3. Ask the patient to repeat what you have asked them to do.
 4. Tell the patient to start.
 5. Timing starts from the moment the patient is asked to start.
 6. Timing stops when the patient is fully seated

The patient should perform the test twice – one practice and the test following sufficient rest. Use a stopwatch for the test and where possible standardise the seat height for use consistently with the test (17 – 19 inches) If using in the patients own home, for continuity use the chair the patient sits in most of the time.

Older adults who take longer than 14 seconds to complete the test, or who appear unsteady have a high risk for falls. These individuals should have an assessment of their risk factors; see assessment protocol.

Patient Score:	_____Seconds	Chair height:	_____inches
----------------	--------------	---------------	-------------

