

Patient: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM

## The Timed Up and Go (TUG) Test

**Purpose:** To assess mobility

**Equipment:** A stopwatch

**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 3 meters or 10 feet away on the floor.

### 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

On the word **"Go"** begin timing.

Stop timing after patient has sat back down and record.

**Time:** \_\_\_\_\_ **seconds**

***An older adult who takes  $\geq 12$  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](http://www.cdc.gov/injury/STEADI)



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

**STEADI** Stopping Elderly  
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