Timed Up & Go Test (TUG)

Research Report
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Description of the Instrument
Patients are timed (in seconds) when performing the TUG—3 conditions
1. TUG alone-from sitting in a chair, stand up, walk 3 meters, turn around, walk back, and sit down..
2. TUG Cognitive-complete the task while counting backwards from a randomly selected number between 20 and 100.
3. TUG manual-complete the task while carrying a full cup of water.
   - The time taken to complete the task is strongly correlated to level of functional mobility, (i.e. the more time taken, the more dependent in activities of daily living).
   - **<u>The cutoff levels for TUG is 13.5 seconds</u> or longer with an overall correct prediction rate of 90%**; for TUG manual is 14.5 seconds or longer with a 90% correct prediction rate; and Tug cognitive is 15 seconds or longer with an overall correct prediction rate of 87%.

Form of instrument:
- Hazard/Risk Assessment Tools
- To identify/screen elderly individuals who are prone to falls
- Interrater reliability was very high, with $r=.98$, .99, and .99 for the TUG, TUGmanual, and TUGcognitive respectively
- The TUG alone correctly classified 13/15 fallers (87% sensitivity) and 13/15 nonfallers (87% specficity).

Validity Measures
Older adults who take longer than 14 seconds to complete the TUG have a high risk for falls. This cutoff is different from Podsiadlo and Richardson, which is 30 seconds.

Reference
Lundlin-Olsson, L., Nyberg, L., & Gustafson, Y. (1998). Attention, frailty, and falls: the effect of a manual task on basic mobilty. Journal of the American Geriatrics Society, 46, 758-761.

Podsiadlo, D., & Richardson, S. (1991). The timed "up & go": A test of basic functional mobility for frail elderly persons. Journal of the American Geriatrics Society, 39, 142-148.

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Timed "Up and Go"*

Directions

The timed "Up and Go" test measures, in seconds, the time taken by an individual to stand up from a standard arm chair (approximate seat height of 46 cm [18in], arm height 65 cm [25.6 in]), walk a distance of 3 meters (118 inches, approximately 10 feet), turn, walk back to the chair, and sit down. The subject wears their regular footwear and uses their customary walking aid (none, cane, walker). No physical assistance is given. They start with their back against the chair, their arms resting on the armrests, and their walking aid at hand. They are instructed that, on the word "go" they are to get up and walk at a comfortable and safe pace to a line on the floor 3 meters away, turn, return to the chair and sit down again. The subject walks through the test once before being timed in order to become familiar with the test. Either a stopwatch or a wristwatch with a second hand can be used to time the trial.

Instructions to the patient

"When I say 'go' I want you to stand up and walk to the line, turn and then walk back to the chair and sit down again. Walk at your normal pace."

Variations

You may have the patient walk at a fast pace to see how quickly they can ambulate. Also you could have them turn to the left and to the right to test any differences.

*Podsiadlo D, Richardson S. The timed "up and go": a test of basic functional mobility for frail elderly persons. *JAGS* 1991; 39: 142-148.

Scoring

Time for 'Up and Go' test _____ sec.
 Unstable on turning?
 Walking aid used?   Type of aid: _____