

Timed Up and Go (TUG) 'how to' guide

To assess mobility, balance, walking ability and fall risk in adults 65+

Materials required:

- Measure and mark a 3-metre walkway either with tape or traffic cone
- Standard height chair (seat height 44-47cm, arm height 67cm) at the beginning of the walkway
- Stopwatch
- Pen and paper to record activity

Procedure:

- Regular footwear and usual assistive walking aids should be used if normally used.
- To begin the test the patient should sit on the chair, feet flat on the floor, one foot slightly in front of the other and hands on the arm rest of the chair.
- When the patient is ready, say "Go"
- The patient should stand up, walk to a line (or traffic cone) that is 3 meters away, turn around at the line, walk back to the chair, and sit down.
- The participant should be instructed to use a comfortable and safe walking speed.

Instructions to participant:

"When you are ready, stand up, walk to the line on the floor at your normal pace, turn around, walk back and sit down."

How to measure:

- A stopwatch should be used to time the test (in seconds).
- The stopwatch should start when you say go. and should be stopped with the patient's buttocks touch the seat.

Example Cut Point:

Low performance	≥20 seconds
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* Select the most appropriate cut point for the population you are working with

Frequently asked questions:

Q: Should a practice run be completed first.

A: Yes, the patient should be able to do one practice that is not timed

Q: Can walking assistive devices be used

A: Yes, if there is a requirement to use an assistive device the upper extremities should not be on this device but on the chair arms (if used for walking), but it should be nearby.

Q: Should the patient be instructed to walk as fast as they can

A: No, it should be a normal comfortable and safe walking speed

Key references:

1. Ishii S, Tanaka T, Shibasaki K et al. Development of a simple screening test for sarcopenia in older adults. *Geriatr Gerontol Int* 2014; 14(Suppl 1): 93–101.
2. Gulistan Bahat a, Asli Tufan a, Fatih Tufan a, Cihan Kilic a, Timur Selçuk Akpınar b, Murat Kose b, Nilgun Erten b, Mehmet Akif Karan a, Alfonso J. Cruz-Jentoft c Bischoff 2003 (127)
3. Podsiadlo, D. and Richardson, S. (1991). "The timed "Up & Go": a test of basic functional mobility for frail elderly persons." *J Am Geriatr Soc* 39(2): 142-148.
4. Timed Up and Go test for predicting sarcopenia Martinez BP et al. *CLINICS* 2015;70(5):369-372

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