

## Timed Get Up and Go Test

*Measures mobility in people who are able to walk on their own (assistive device permitted)*

**Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Time to Complete** \_\_\_\_\_ **seconds**

### *Instructions:*

The person may wear their usual footwear and can use any assistive device they normally use.

1. Have the person sit in the chair with their back to the chair and their arms resting on the arm rests.
2. Ask the person to stand up from a standard chair and walk a distance of 10 ft. (3m).
3. Have the person turn around, walk back to the chair and sit down again.

Timing begins when the person starts to rise from the chair and ends when he or she returns to the chair and sits down.

*The person should be given 1 practice trial and then 3 actual trials. The times from the three actual trials are averaged.*

### Predictive Results

<b><u>Seconds</u></b>	<b><u>Rating</u></b>
<10	Freely mobile
<20	Mostly independent
20-29	Variable mobility
>20	Impaired mobility

Source: Podsiadlo, D., Richardson, S. The timed 'Up and Go' Test: a Test of Basic Functional Mobility for Frail Elderly Persons. *Journal of American Geriatric Society*. 1991; 39:142-148