

**TUG: TIMED UP AND GO TEST**

**PURPOSE:**

To measure ability to transfer from a chair and walk 6m. Strong predictor of mobility status.

**EQUIPMENT:**

- Stop watch
- Measuring tape
- Cone or tape to mark floor
- Space for test
- 18' chair (arm height 65 cm)

**INSTRUCTIONS:**

- Standard chair placed against wall
- Measure 3 m (9.84 ft) from legs of chair and place cone or tape at mark
- Subject may use assistive device
- Subject starts seated with back against chair
- Allow a practice trial
- Time 2 trials and take best score
- Instruct subject: “On go, stand and walk 3m, turn and return to chair and sit with your back against the chair. Walk as quickly and as safely as possible”.

**SCORING:**

- Most community dwelling older adults: 12 sec or less

<b>Age</b>	60-69	70-79	71-75	76-80	80-89	81-85	86-99
<b>Seconds</b>	7.1 -9s	8.2 – 10.2s	9.5 +/- 2.5s	9.0 +/- 3s	10-12.7s	11.2 +/- 3.6s	12.0 +/- 3.8s