

## ASSESSMENT

# Timed Up & Go (TUG)

**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.

### ① Instruct 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.

#### NOTE:

Always stay by the patient for safety.

### ② On the word “Go,” begin timing.

### ③ Stop timing after patient sits back down.

### ④ Record time.

#### Time in Seconds: \_\_\_\_\_

An older adult who takes  $\geq 12$  seconds to complete the TUG is at risk for falling.

CDC’s STEADI tools and resources can help you screen, assess, and intervene to reduce your patient’s fall risk. For more information, visit [www.cdc.gov/steadi](http://www.cdc.gov/steadi)

Patient \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_  AM  PM

## OBSERVATIONS

Observe the patient’s postural stability, gait, stride length, and sway.

### Check 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

These changes may signify neurological problems that require further evaluation.

