

## Timed, Up, and Go Test (TUG)

The timed "Up & 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, arm height 65 cm), walk a distance of 3 meters (approximately 10 feet), turn, walk back to the chair, and sit down again.

The subject wears his/her regular footwear. If participant's usually use assistive devices such as canes or walkers, they **should** use them during the test, but this should be indicated on the data collection form. No physical assistance is given.

### Setting Up the test area

- Determine a path free from obstruction
- Place a chair with arms at one end of the path.
- Mark off a 3 m (10 ft.) distance using tape or a cone or other clear marking.

### Start the test

- Speak clearly and slowly.
  - Inform participant of sequence and outcome
    - "When I say go, you will stand up from the chair, walk to the mark(cone) on the floor, turn around, walk back to the chair and sit down." "I will be timing you using the stopwatch." Ask participants to repeat the instructions to make sure they understand.
- Participant starts with their back against the chair, their arms resting on the arm rests, and their walking aid at hand
- Using a cue like "Ready, set, go" might be useful.
- Either a wrist-watch with a second hand or a stop-watch can be used to time the performance.