

## Timed Up and Go Test Score Sheet

### Verbal instruction:

"For this test, do the best you can and walk at your regular pace.

5. Start by sitting in the chair with you back resting on the backrest and your hands on the armrest.
6. On start, stand up, walk to the mark, turn around, return to sit back into the chair with your back resting on the back of the chair.
7. Walk at your regular pace.
8. Get ready and START".

Complete a practice trial to check understanding.

Date	Assistive walking aid	Time (seconds: 00.00)	Adaptations
1. / /			<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
2. / /			<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
3. / /			<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
4. / /			<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
5. / /			<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused

### Normal values

Normative age reference <sup>(1)</sup>

Age Group	Time (s) (95% CI)
60 – 69 yrs	8.1 (7.1, 9.0)
70 – 79 yrs	9.2 (8.2, 10.2)
80 – 99 yrs	11.3 (10.0, 12.7)

Older adults who take longer than 14 s to complete the TUG have a high risk for falls <sup>(2)</sup>.

1. Bohannon RW. Reference values for the timed up and go test: a descriptive meta-analysis. J Geriatr Phys Ther. 2006;29(2):64-8.
2. Shumway-Cook A, Brauer S, Woollacott M. Predicting the probability for falls in community-dwelling older adults using the Timed Up & Go Test. Phys Ther. 2000;80(9):896-903.