TIMED UP AND GO (TUG)

TUG is a simple, quick, and widely used functional test to assess mobility and determine fall risk in older adults 65+

POPULATION
- Intended for older adults 65+
  - Potential falls risk patients
  - Targeting frail community dwelling individuals

How-To:
1. Have patient sitting w/ hips fully back in chair and arms relaxed in lap.
2. PT says “Go” and starts timer.
3. Patient will then be timed as they stand from chair, walk 3 meters, and return to sitting where the PT will then stop timer.
4. The recorded time is patient’s TUG score.
5. Generally patient will be given a practice run followed by two timed tests, taking the average of the 2 for their actual score.

WHAT YOU NEED:
- A chair w/ a solid seat and flat back
- Stopwatch
- Measuring tape
- A piece of tape or chalk
- An open area
- The Physical Therapist and patient
- Any AD patient routinely uses to walk

RESEARCH SHOWS...

- It is feasible
- It is efficient
- It assesses multiple skills
- It has positive patient receptibility
- It is inexpensive
- It is reliable and valid
- It can be done in all settings

SKILLS ASSESSED:
- Transferring between sitting and standing
- Walking a short distance
- Completing a 180 degree turn

SAFETY CONSIDERATIONS:
- Always walk with the patient to avoid falls
- Have patient use a walking aid if necessary
- Make sure they know proper use of said walking aid
- Make sure the patient has shoes tied
- Check for any obstacles in the way
- Ensure the floor is clean and not a slipping hazard
- Utilize a standard chair (no wheels)

UNITS OF MEASUREMENT
- Measured in seconds

OUTSOURCED
Curated by: Team 2 Much $$
(Nikki Baker, Madeline Geiger, Summer Collins, Ali Conner, Morria Heilman, Jack Katlic)

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