

## MOBILITY

### TIMED GET UP AND GO TEST

Performed with patient wearing regular footwear, using usual walking aid if needed, and sitting back in a chair with arm rest.

On the word, “Go”, the patient is asked to do the following:

1. Stand up from the arm chair
2. Walk 3 meters (in a line)
3. Turn
4. Walk back to chair
5. Sit down

Time the second effort.

Observe patient for postural stability, steppage, stride length and sway.

#### Scoring:

Normal: completes task in  $\leq 10$  seconds.

Abnormal: completes task in  $\geq 20$  seconds

Low scores correlate with good functional independence; high scores correlate with poor functional independence and higher risk of falls.

Reproduced from: ***Get-up and Go Test*** in: Mathias S, Nayak USL, Isaacs B. Balance in elderly patient” The “Get Up and Go” Test. *Arch Phys Med Rehabil* (1986)67:387-389;Podsiadlo D, Richardson S. The Timed "Up and Go": A test of basic functional mobility for frail elderly persons. *J Am Geriatr Soc* 1991; 39:142-148.