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 ≤10 seconds.

Abnormal: completes task in ≥20 seconds

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