SOP #2013
Timed up & Go

- Always review the SOP before beginning administration of the measurement tool.
- Always read the SOP instructions verbatim to the participant.
- Never modify the procedure or instructions (a modified test is invalid/incomplete).
- Always notify the coordinator if you have any doubt or questions about the SOP.

Description

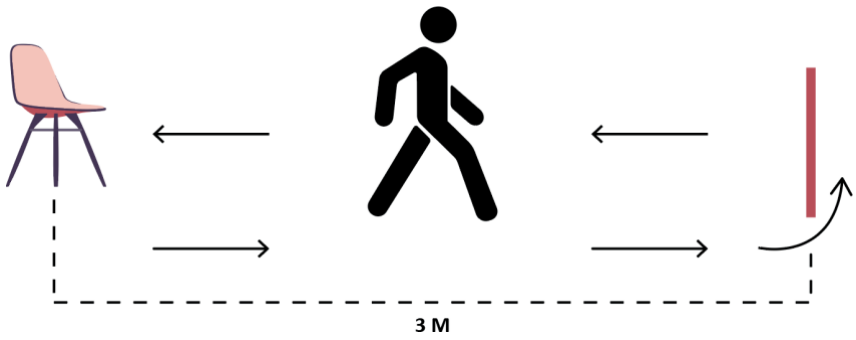
The Timed Up and Go (TUG) test is used to assess the ability to stand up from a chair and to sit down, walk a short distance and change direction.

Equipment

□ Chair with armrests, 43-46 cm in height	□ Stopwatch
□ Brightly coloured adhesive tape	□ Pillow (as needed)
□ Walking aid (if used in daily life)	□ Gait belt (as needed)

Equipment preparation

- □ A 3-meter walking course is measured in a low-traffic corridor and marked on the floor with brightly colored adhesive tape. The front legs of the chair are positioned at the starting point of the 3-meter walking course.
- □ If the participant must use a walking aid, it should be placed in front of them.



Participant preparation

- □ The participant must wear comfortable clothing and shoes suitable for walking.
- □ If the participant is wearing unsuitable shoes that could affect the test result, the test can be done barefoot; however, the examiner must note this on the scoring sheet.
- □ Orthotics or walking aids used during the test must be noted on the scoring sheet. The same orthotics or walking aids must be used during subsequent visits for the same data collection.

Examiner instructions

- □ The examiner must place a gait belt on the participant prior the start of the test if the participant is at risk of falling.
- □ The examiner must stay at the starting line during the test, unless the participant is at risk of falling. In this case, the examiner walks closely behind the participant to ensure safety.

Test administration

Demonstration
The examiner demonstrates the task.

Practice
No practice trial is provided for the participant.

Procedure

- □ The participant starts the test seated on the chair with their back against the backrest, and their walking aid, if any, within reach. The participant must not have their hands on the walking aid before the test. Hands can be placed either on the lap or on the armrests. If the participant's feet do not touch the floor, a pillow is positioned behind their back.
- □ Standardized instructions are provided to the participant: *"This test involves getting up from a chair, walking a distance of 3 meters at a comfortable speed and then returning to the starting point. When I say Go", I want you to: 1) stand up from the chair, 2) walk past the line on the floor at your normal pace, 3) turn, 4) walk back to the chair at your normal pace and 5) sit down again with your back against the backrest of the chair. Do you have any questions?"*
- □ The examiner demonstrates the task, including how to cross the 3-meter line.
- □ When the participant indicates readiness, the start signal is given: *"Are you ready? Go!"*
- □ The stopwatch is started on the word *"Go"* and stopped when the participant is seated again with their back against the backrest.

Trial(s)

Two trials are done; however, a third trial must be done if either of the trials is considered invalid.

Result

The time, in seconds (to the nearest hundredth of a second), is recorded on the scoring sheet. The validity of the result for each trial must be recorded on the scoring sheet (valid or invalid).

References
1. Podsiadlo D, Richardson S. The timed "Up & Go": a test of basic functional mobility for frail elderly persons. Journal of the American Geriatrics Society 1991;39:142-148