

Timed "Up and Go"

Instructions:

- Equipment: 2 standard arm chairs (seat height ~46cm, arm rest ~67cm), tape measure, tape or cones, and stop watch.
- The subject wears their regular footwear, may use any gait aid that they normally use during ambulation (if needed), but may not be assisted by another person. There is no time limit. They may stop and rest (but not sit down) if needed.
- Demonstrate the exercise for the subject by using the second arm chair so he/she understands the exercise.
- Begin the exercise with the subject sitting correctly (hips all of the way to the back of the seat) in a chair with arm rests. The chair should be stable and positioned such that it will not move when the subject moves from sit to stand. The subject is allowed to use the arm rests during the sit - stand and stand - sit movements.
- Place a piece of tape or other marker on the floor 3 meters away from the chair so that it is easily seen by the subject.
- Instructions to the subject: *"On the word GO you will stand up, walk to the line on the floor, turn around and walk back to the chair and sit down. Walk at a safe and comfortable pace."*
- Start timing on the word "GO" and stop timing when the subject is seated again in the chair.

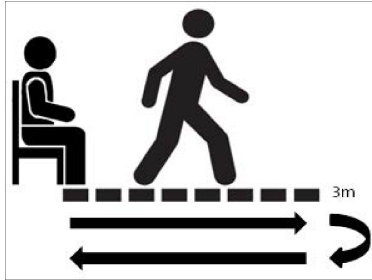
Test:

What aid is the subject using?

☐ None ☐ Cane ☐ Walker ☐ Other (Specify):

Timed Up and Go · seconds

If not attempted or failed, place an "X" in the appropriate box.

Tried but unable	Not attempted, patient felt unsafe	Not attempted, CRA judged patient as unsafe to perform	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Participant unable to understand instructions	Participant declined	Other (Specify):	<input type="text"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	