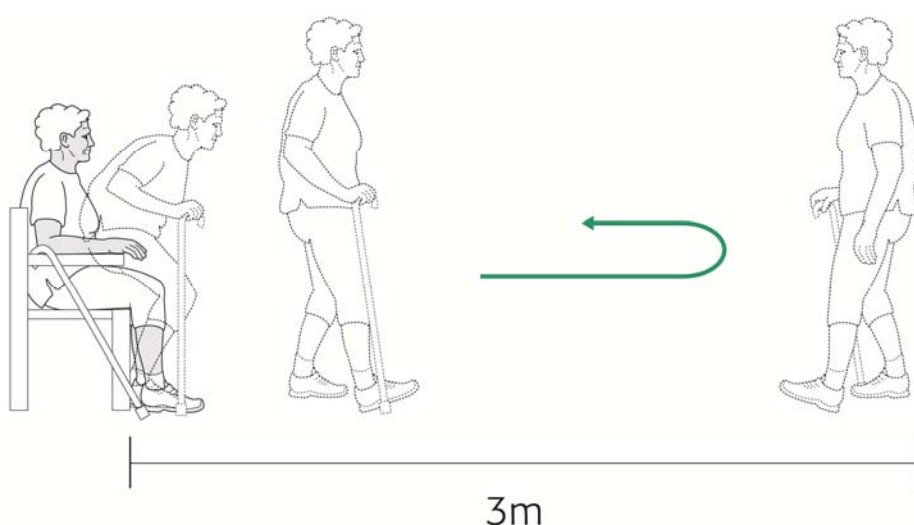


## Orthogeriatrics—Clinical Practice Tool

# Timed “up & go” test

1. The patient wears his/her regular footwear and uses his/her customary walking aid.
2. Instruct the patient to sit comfortably in a straight-backed office chair with armrests.
3. Walk the patient through the test once before timing to familiarize him/her with the test.
4. Start with the back against the chair, arms resting on armrests, and walking aid at hand.
5. On the word “go,” the patient gets up, walks at a comfortable and safe pace to a line 3 meters (9.8 feet) away, turns, returns to the chair, and sits down again.
6. Time the duration from initial attempt to stand until the patient sits back down.
7. This assessment can be done qualitatively, with a five-point scoring system: 1 = normal; 2 = very slightly abnormal; 3 = mildly abnormal; 4 = moderately abnormal; 5 = severely abnormal.



### Proportion able to complete mobility tasks according to "up & go" time

		Timed “up & go” (seconds)		
		10-19	20-29	30+
Tub or shower transfers	Self	59%	60%	23%
Climbs stairs	Self	77%	60%	4%
Goes outside alone	Yes	82%	50%	15%
Chair transfer	Self	100%	93%	62%

*Adapted from Podsiadlo D, Richardson S. J Am Geriatr Soc. 1991 Feb;39(2):142–148*

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