



Timed Up and Go

The timed up and go test determines the falls risk and measures the progress of balance, sitting to standing, and walking. This can be used by those that have completed a Chair Based Exercise Qualification.

Equipment requirements:

- Stopwatch / phone with stopwatch function:
- Chair with armrests
- Measured distance of 3m (10ft)

Instructions to explain to the individual:

To make sure that we can get you the best available care in your situation, we would like to do a few tests. There is no passing or failing in these tests, they just help us to make sure that you receive any extra help you might need.

1. I will count to three and then say 'go'. When I say go, I will start the stopwatch, I would like you to stand up from the chair. You may use the arms of the chair to help you stand up.
2. I would then like you walk until you pass this piece of tape (marked end of the course). You may take any route that you would like, I would like you to move as quickly as you feel comfortable and safe walking at.
3. Once you have reached the end of the course, I would like you to turn around and walk back to the chair and sit back down on it. I will stop the timer when your back touched the back of the chair.
4. You will complete one practice run and then two runs that are counted.
5. Would you be able to explain the instructions back to me? Do you have any questions?

Instructions for you:

Start timing on the word 'go', stop timing when the patient has returned to the chair. Make sure that the patient is wearing their regular footwear, if they normally use a walking aid (stick, frame etc) make sure that they use this during the test. Do not assist the individual during the test. They may stop to rest but they may not sit down during it.

If the individual is very unsteady and likely to fall do not perform this test.





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How to determine the results:

Practice Test

Test 1 = _____ seconds

Test 2 = _____ seconds

Average time (add test 1 and test 2 times, divide the result by 2) = _____ seconds

Understanding the results

Lower than < 10 seconds = Normal

Higher than > 10 seconds = Risk of frailty. Ensure that a PRISMA 7 is also completed

Higher than > 30 seconds = Risk of frailty and falls. Ensure that a PRISMA 7 is also



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