
Timed Up & Go

A test of mobility as an individual stands up from a chair, walks 3 meters, turns around, walks back, and sits down in the chair.

Elapsed Time: _____ : _____ minutes : seconds

Assistive Device Used: _____

Interpretation

Cut-off scores indicating risk of falls by population:

Community dwelling adults > 13.5s	Parkinson's Disease > 7.95s
Older stroke patients > 14s	Hip Osteoarthritis > 10s
Frail elderly > 32.6s	Vestibular Disorders > 11.1s
Lower limb amputees > 19s	

Minimally Clinically Important Difference (MCID)

Minimal Detectable Change (MDC)

Alzheimer's Disease: MDC = 4.09s	Parkinson's Disease: MDC = 3.5s
Stroke: MDC = 2.9s	Spinal Cord Injury: MDC= 10.8s

These are published values for specific populations and provide guidance if the patient does not have the listed condition.

Selected References

1. Podsiadlo D, Richardson S. The timed "Up & Go": a test of basic functional mobility for frail elderly persons. *J Am Geriatr Soc.* 1991;39(2):142-148.
 2. Shumway-Cook A, Brauer S, Woollacott M. Predicting the probability for falls in community-dwelling older adults using the Timed Up & Go Test. *Phys Ther.* 2000;80(9):896-903.
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