

[Name of HH Agency]

Phone:

Fax:

TIMED UP & GO

EPISODE: 10/14/14 - 12/12/14

10/14/14

PATIENT:

DOB:

Directions:

The Timed Up and Go test measures, in seconds, the time taken by an individual to stand up from a standard arm chair (approximate seat height of 46 cm [18 inches], arm height 65 cm [25.6 inches]), walk a distance of 3 meters (118 inches, approximately 10 feet), turn, walk back to the chair, and sit down. The subject wears their regular footwear and uses their customary walking aid (none, cane, walker). No physical assistance is given. They start with their back against the chair, their arms resting on the armrests, and their walking aid at hand. They are instructed that, on the word "go" they are to get up and walk at a comfortable and safe pace to a line on the floor 3 meters away, turn, return to the chair and sit down again. The subject walks through the test once before being timed in order to become familiar with the test. Either a stopwatch or a wristwatch with a second hand can be used to time the trial.

Instructions to the patient:

When I say "go", I want you to stand up and walk to the line, turn and then walk back to the chair and sit down again. Walk at your normal pace.

Variations:

You may have the patient walk at a fast pace to see how quickly they can ambulate. Also you could have them turn to the left and to the right to test any differences.

Time to complete: seconds

Unstable on turning: yes

Ambulates with: cane

Score (1-10 = Freely mobile, lowest risk of falling, 11-19 = Mostly independent, moderate risk of falling, 20-29 = Moderately impaired, higher risk of falling, >30 = Severely impaired, highest risk of falling):	19 sec
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COMPLETED AND ELECTRONICALLY SIGNED BY _____, OT