

# TIMED UP & GO (TUG)



## Purpose

The purpose of the TUG assessment is to assess mobility. It is simple to perform and requires only a stopwatch and a chair.

## Directions

Patients wear their regular footwear and can use a walking aid, if needed.

1. Begin by having the patient sit back in a standard arm chair
2. Create a line on the floor using tape 10 feet away from the chair.
3. Instruct the patient:

When I say "Go," I want you to:

- A. Stand up from the chair
  - B. Walk to the line on the floor at your normal pace.
  - C. Walk back to the chair at your normal pace.
  - D. Sit down again.
4. On the word "Go," begin timing.
  5. Stop timing after patient sits back down.
  6. Record time

## Results

If the patient took more than 12 seconds to complete the TUG assessment, they should talk to their doctor about their risk for falling.

## THE IMPACT

### OTAGO

The Otago fall prevention program was piloted around the state of Utah. Data was collected to assess the effectiveness of the program. A TUG assessment was administered before and after the program, and well as a survey where patients self-reported the number of falls they had experienced 3 months before the program and in the 3 months since the program.



After participants finished OTAGO the average seconds to complete TUG decreased by

**4**  
seconds



The average number of self-reported falls decreased by

**14%**