FUNCTIONAL STATUS ASSESSMENT

The Timed Up and Go (TUG)

OVERVIEW:
The Timed Up and Go (TUG) is an adapted, timed version of the Get Up and Go Test. It was developed as a quantitative measure of functional mobility in patients attending a geriatric day hospital.

AUTHORS/PRIMARY REFERENCE:

STRUCTURE OF THE TOOL:
The test is a timed measurement, in seconds, of the following task. The patient is seated in a standard chair with armrests and asked to rise to standing, walk 3 meters in a straight line, turn around, walk back to the chair, and sit down. The patient wears regular footwear and uses their usual walking aid.

BASE OF EVIDENCE/PSYCHOMETRIC PROPERTIES:
- Validity – the TUG has demonstrated excellent correlation with the Older Americans Resources and Services (OARS) ADL/IADL Sections (r=0.69 to -0.72) and Berg Balance Scale (r=0.76); and adequate correlation with the Barthel Index (r = 0.48 to -0.51) and the Functional Independence Measure (r = -0.42 to -0.59)
- Test-Retest Reliability – adequate to high (Intra-Class Correlation Coefficient (ICC) = 0.56-0.99)
- Inter-Rater Reliability – high (ICC = 0.96-0.99)

TARGET POPULATION AND SETTING:
The Timed Up and Go was developed to assess frail older patients who are ambulatory. In some settings there may be a floor affect with non-ambulatory patients who cannot physically perform the test. There may be limitations in using the TUG to assess the cognitively impaired.

INTENDED USER(S):
The Timed Up and Go requires minimal training and equipment – it can be performed by clinical staff who can monitor the patient for safety during the ambulation task.

NOTES ON USING THE TIMED UP AND GO:
- The Timed Up and Go can be administered in less than 5 minutes
- It requires a standard armchair, timing device, and a clutter-free area for 3 metres ambulation (with clearance for a gait aid)

WHERE TO GET THE TIMED UP AND GO:
- The Timed Up and Go and supporting information is displayed at the www.rheumatology.org website hosted at the American College of Rheumatology at the following link: http://www.rheumatology.org/practice/clinical/clinicianresearchers/outcomes-instrumentation/TUG.asp
- The Timed Up and Go can also be obtained by contacting the developer at: Diane Podsiadlo
  CLSC de Notre-Dame-de-Grace
  2525 Boulevard Cavendish, Bureau 110
  Montreal, QC
  H4B 2Y4
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REFERENCES AND ADDITIONAL READING:

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