The Timed Up and Go (TUG) Test

**Purpose:** To assess mobility

**Equipment:** A stopwatch

**Directions:** Patients wear their regular footwear and can use a walking aid if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters or 10 feet away on the floor.

**Instructions to the patient:**
When I say “Go,” I want you to:

1. Stand up from the chair
2. Walk to the line on the floor at your normal pace
3. Turn
4. Walk back to the chair at your normal pace
5. Sit down again

On the word “Go” begin timing.

Stop timing after patient has sat back down and record.

**Time:** ________ seconds

*An older adult who takes ≥12 seconds to complete the TUG is at high risk for falling.*

Observe the patient’s postural stability, gait, stride length, and sway.

**Circle all that apply:** Slow tentative pace ■ Loss of balance ■ Short strides ■ Little or no arm swing ■ Steadying self on walls ■ Shuffling ■ En bloc turning ■ Not using assistive device properly

**Notes:**

For relevant articles, go to: [www.cdc.gov/injury/STEADI](http://www.cdc.gov/injury/STEADI)
The 4-Stage Balance Test

**Purpose:** To assess static balance

**Equipment:** A stopwatch

**Directions:** There are four progressively more challenging positions. Patients should not use an assistive device (cane or walker) and keep their eyes open.

Describe and demonstrate each position. Stand next to the patient, hold his/her arm and help them assume the correct foot position.

When the patient is steady, let go, but remain ready to catch the patient if he/she should lose their balance.

If the patient can hold a position for 10 seconds without moving his/her feet or needing support, go on to the next position. If not, stop the test.

**Instructions to the patient:** I’m going to show you four positions. Try to stand in each position for 10 seconds. You can hold your arms out or move your body to help keep your balance but don’t move your feet. Hold this position until I tell you to stop.

For each stage, say “**Ready, begin**” and begin timing. After 10 seconds, say “**Stop.**”

*See next page for detailed patient instructions and illustrations of the four positions.***

For relevant articles, go to: [www.cdc.gov/injury/STEADI](http://www.cdc.gov/injury/STEADI)
Instructions to the patient:

1. Stand with your feet side by side. Time: __________ seconds

2. Place the instep of one foot so it is touching the big toe of the other foot. Time: __________ seconds

3. Place one foot in front of the other, heel touching toe. Time: __________ seconds

4. Stand on one foot. Time: __________ seconds

An older adult who cannot hold the tandem stance for at least 10 seconds is at increased risk of falling.

Notes:
The 30-Second Chair Stand Test

Purpose: To test leg strength and endurance

Equipment:
- A chair with a straight back without arm rests (seat 17” high)
- A stopwatch

Instructions to the patient:
1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder crossed at the wrists.
3. Keep your feet flat on the floor.
4. Keep your back straight and keep your arms against your chest.
5. On “Go,” rise to a full standing position and then sit back down again.
6. Repeat this for 30 seconds.

On “Go,” begin timing.
If the patient must use his/her arms to stand, stop the test. Record “0” for the number and score.
Count the number of times the patient comes to a full standing position in 30 seconds.
If the patient is over halfway to a standing position when 30 seconds have elapsed, count it as a stand.
Record the number of times the patient stands in 30 seconds.

Number: ___________ Score ___________ See next page.

A below average score indicates a high risk for falls.

Notes:

For relevant articles, go to: www.cdc.gov/injury/STEADI
Chair Stand—Below Average Scores

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Algorithm for Fall Risk Assessment & Interventions

Waiting room: Patient completes *Stay Independent* brochure
Identify main fall risk factors

Clinical visit: Identify patients at risk
- Fell in past year
- Feels unsteady when standing or walking
- Worries about falling
- Scored ≥4 on *Stay Independent* brochure

Evaluate gait, strength & balance
- Timed Up and Go
- 30-Sec Chair Stand
- 4 Stage Balance Test

Gait, strength or balance problem

- >2 falls or a fall injury
  - Determine circumstances of latest fall
  - Conduct multifactorial risk assessment
    - Review *Stay Independent* brochure
    - Falls history
    - Physical exam
    - Postural dizziness/postural hypotension
    - Cognitive screening
    - Medication review
    - Feet & footwear
    - Use of mobility aids
    - Visual acuity check

- 1 fall in past year
  - Determine circumstances of fall
  - Implement key fall interventions
    - Educate patient
    - Enhance strength & balance
    - Improve functional mobility
    - Manage & monitor hypotension
    - Manage medications
    - Address foot problems
    - Vitamin D +/- calcium
    - Optimize vision
    - Optimize home safety

- 0 falls in past year
  - No gait, strength or balance problems
  - Educate patient
  - Refer to community exercise, balance, fitness or fall prevention program

Patient follow-up
- Review patient education
- Assess & encourage adherence with recommendations
- Discuss & address barriers to adherence

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADI Stopping Elderly Accidents, Deaths & Injuries