

Timed Up and Go (TUG) score sheet

Step Doctor
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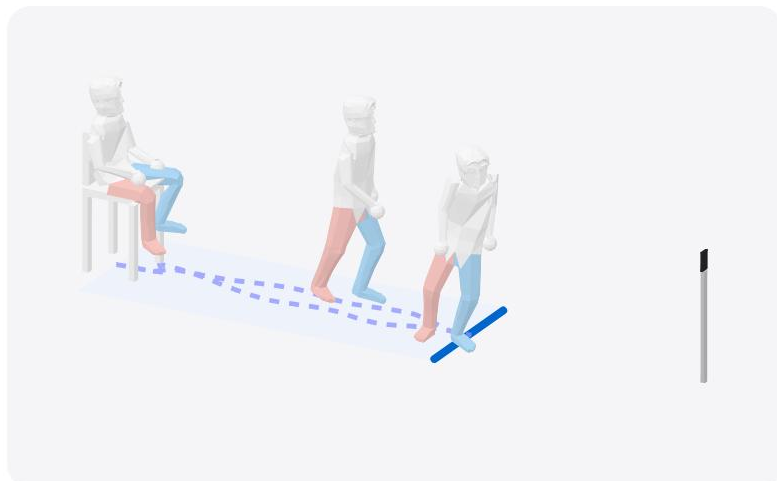
Name	Date
Age	Tester
Walking aid (none / cane / walker / other)	Footwear

SET-UP

- A standard chair with a back. The person sits with their back against it.
- A line on the floor 3 metres (about 10 feet) in front of the chair.
- Usual shoes and usual walking aid. Someone stands nearby for safety.

INSTRUCTIONS TO READ ALOUD

"When I say Go, stand up, walk to the line at your usual pace, turn around, walk back to the chair and sit down."



TIMING

Start the stopwatch on "Go". Stop it when the person is seated with their back against the chair.

RESULTS

TRIAL	TIME (S)	NOTES
Practice (not timed)		
Trial 1		
Trial 2		

OBSERVATIONS (TICK ANY YOU SEE)

- | | |
|--|---|
| ☐ Slow, tentative pace | ☐ Loss of balance |
| ☐ Short strides | ☐ Little or no arm swing |
| ☐ Steadying self on walls | ☐ Shuffling |
| ☐ Turning the whole body as one block | ☐ Not using the walking aid properly |

Observation items as listed on the CDC STEADI TUG form.

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READING THE TIME

Average time in healthy older adults (Bohannon, 2006)

AGE	AVERAGE	95% CI
60–69	8.1 s	7.1–9.0
70–79	9.2 s	8.2–10.2
80–99	11.3 s	10.0–12.7

Published cut-offs

≥ 12 s	"At risk for falling" in CDC STEADI screening.
≥ 13.5 s	Identified community-dwelling older adults who had fallen (Shumway-Cook et al., 2000).
11.5 s	Separated fallers from non-fallers in Parkinson's disease (Nocera et al., 2013).
≥ 24 s	At discharge after hip fracture, predicted falls within 6 months (Kristensen et al., 2007).

A slow time makes falls more likely, but a faster time doesn't rule them out, so don't use the TUG alone (Barry et al., 2014). It's a screening test, not a diagnosis.

REPEAT LOG: SAME CHAIR, SAME COURSE, SAME AID

[illegible]

Bohannon RW. J Geriatr Phys Ther 2006 · CDC STEADI TUG · Shumway-Cook A et al. Phys Ther 2000 · Nocera JR et al. Arch Phys Med Rehabil 2013 · Kristensen MT et al. Phys Ther 2007 · Barry E et al. BMC Geriatr 2014