

# 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 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 the patient sits back down.
  6. Record the time.

## Results

If the patient took more than 12 seconds to complete the TUG assessment, they should talk to their doctor about the assessment and 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, as well as a survey where patients self-reported the number of falls they had experienced three months before the program and in the three 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%**