

Timed Up and Go

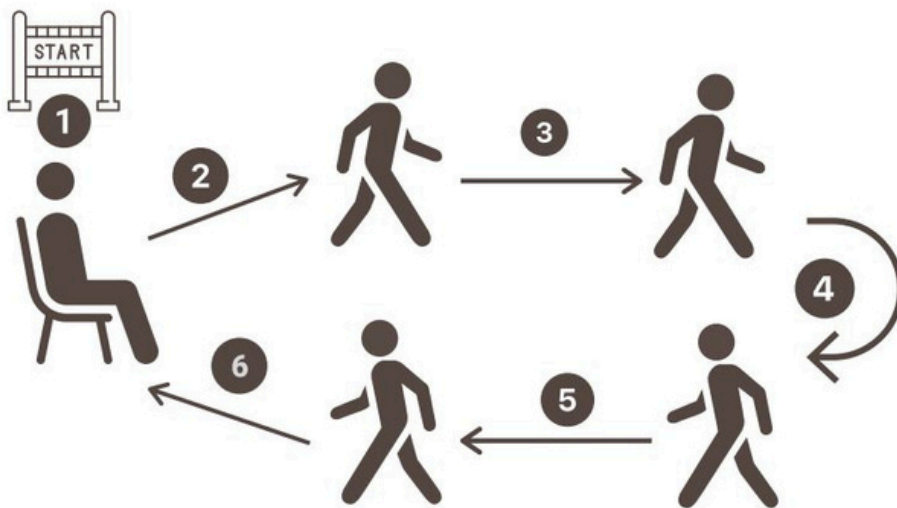
A walking test to measure your risk of falling

What's the purpose?

This test is used to assess the way you walk and balance. Research shows that the results are related to risk of falling.

What do I have to do?

A healthcare provider will watch and time how long it takes you to stand up, walk 10 feet, and walk back. They may ask you to do a practice round first. You can use a brace, cane, walker, or any device you use to walk.

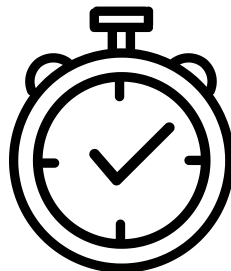


1. Start by sitting in the chair.
2. Stand up and walk forward. Timer starts now!
3. Walk forward 10 feet.
4. Turn around when you reach the 10 foot mark.
5. Walk 10 feet back to chair.
6. Sit down in the same chair. Timer stops now!

What does my walking time mean?

In general, research shows that faster walking times on this test are related to lower risk of falling. However, your healthcare provider is also watching the way that you walk and balance.

Less than 20 seconds:
Lower risk of falling



More than 20 seconds:
Higher risk of falling

Have a conversation with your therapist about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802

