

Name: _____ Location: _____ Date: _____

- Equipment:** arm chair, tape measure, tape, stop watch.
- Begin the test with the subject sitting correctly (hips all of the way to the back of the seat) in a chair with arm rests. The chair should be stable and positioned such that it will not move when the subject moves from sit to stand. The subject is allowed to use the arm rests during the sit – stand and stand – sit movements.
- Place a piece of tape or other marker on the floor 3 meters away from the chair so that it is easily seen by the subject.
- Instructions:** *“On the word GO you will stand up, walk to the line on the floor, turn around and walk back to the chair and sit down. Walk at your regular pace.”*
- Start timing on the word “GO” and stop timing when the subject is seated again correctly in the chair with their back resting on the back of the chair.**
- The subject wears their regular footwear, may use any gait aid that they normally use during ambulation, but may not be assisted by another person. There is no time limit. They may stop and rest (but not sit down) if they need to.
- Normal healthy elderly usually complete the task in ten seconds or less.** Very frail or weak elderly with poor mobility may take 2 minutes or more.
- The subject should be given a practice trial that is not timed before testing.
- Results correlate with gait speed, balance, functional level, the ability to go out, and can follow change over time.

	1	2	3	4	5	6	7	8	9
Date									
Time									

Normative Reference Values by Age*

Age Group	Time in Seconds	(95% CI)
60 – 69 years	8.1	(7.1 – 9.0)
70 – 79 years	9.2	(8.2 – 10.2)
80 – 99 years	11.3	(10.0 – 12.7)

Cut-off Values Predictive of Falls by*

Group	Time in Seconds
Community Dwelling Frail Older Adults	> 14 associated with high fall risk
Post-op hip fracture patients at time of discharge	> 24 predictive of falls within 6 months after hip fracture
Frail older adults	> 30 predictive of requiring assistive device for ambulation and being dependent in ADLs

*For references and additional information, contact fallsprevention@health.nyc.gov

Reproduced from: **Get-up and Go Test** in: Mathias S, Nayak USL, Isaacs B. Balance in elderly patient” The “Get Up and Go” Test. *Arch Phys Med Rehabil* (1986)67: 287-389; Podsiadlo D, Richardson S. The Timed "Up and Go": A test of basic functional mobility for frail elderly persons. *J Am Geriatr Soc* 1991; 39:142-148.