

# Timed Up and Go (TUG) Test (Timed Up and Go)

Category: Geriatrics, Rehabilitation | Items: 1 | Time: ~1-2 min

## Description / When to Use

Mobility and fall risk in older adults

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 1 items in this scale. Estimated completion time: 1-2 min.

## Scale Items

1. Time taken (seconds)

## Scoring Guide

Sum all 1 items. Total range 0-0.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0–10	Normal mobility	Normal.
11–20	Mild mobility limitation	Mild slowing.
21–30	Moderate mobility limitation; fall risk	Moderate — fall risk.
31–120	Severe mobility limitation; high fall risk	Severe — high fall risk.

## Psychometric Properties

See original validation study for reliability and validity data.

## License

Free to use — public domain or open access.

## Citation (APA Format)

Podsiadlo D, Richardson S. J Am Geriatr Soc. 1991;39(2):142-148.  
DOI: 10.1111/j.1532-5415.1991.tb01616.x

*Disclaimer: Educational use only. Cutoffs vary by population.*