

Timed Up and Go Balance/ Mobility Test

Date: _____
Name: _____
Age: _____

Score: _____

Task

1. Rising from standard arm chair
2. Walking 10 feet, turning, and walking back ten feet (Walking aids are allowed)
3. Sitting in chair

Mean Scores by Age

60 to 69 years 8.1 (7.1-9.0) seconds

70 to 79 years 9.2 (8.2-10.2) seconds

80 to 99 years 11.3 (10.0-12.7) seconds

Subjects taking greater than 14 seconds to complete the task are generally at higher risk of falls and have a greater inability to remain independently and safely mobile.

Recommendations
