

## The "Get up and go" test for gait assessment in older adult patients

### The "Get up and go" test for gait assessment in older adult patients <sup>[1]</sup>

Have the patient sit in a straight-backed high-seat chair

#### Instructions for patient:

Get up (without use of armrests, if possible)

Stand still momentarily

Walk forward 10 feet (3 meters)

Turn around and walk back to chair

Turn and be seated

#### Factors to note:

Sitting balance

Transfers from sitting to standing

Pace and stability of walking

Ability to turn without staggering

#### Modified qualitative scoring <sup>[2]</sup>

(1) No fall risk

Well-coordinated movements, without walking aid

(2) Low fall risk

Controlled, but adjusted movements

(3) Some fall risk

Uncoordinated movements

(4) High fall risk

Supervision necessary

(5) Very high fall risk

Physical support of stand by physical support necessary

#### Timed test reference values (record time from initial rising to re-seating) <sup>[3]</sup>

Age (years)

Mean time in seconds (95% CI)

60 to 69

8.1 (7.1 to 9.0)

70 to 79

9.2 (8.2 to 10.2)

80 to 99

11.3 (10.0 to 12.7)

#### Sources:

1. Reproduced with permission from: Fleming KC, Evand JM, Weber DC, Chutka DS. Practical Functional Assessment of Elderly Persons: A Primary-Care Approach [Symposium on Geriatrics-Part III]. Mayo Clinic Proceedings 1995; 70:890. Copyright © 1995 Mayo Foundation.

2. From: Nordin E, Lindelöf N, Rosendahl E. Prognostic validity of the Timed Up-and-Go test, a modified Get-Up-and-Go test, staff's global judgement and fall history in evaluating fall risk in residential care facilities. Age Ageing 2008; 37:442. By permission of the British Geriatrics Society. Copyright © 2013 Oxford University Press.

3. Data from: Bohannon RW. Reference Values for the Timed Up and Go Test: A Descriptive Meta-Analysis. J Geriatr Phys Ther 2006; 29:64.