

Get-up and Go Test

Instructions:

Ask the patient to perform the following series of maneuvers:

1. Sit comfortably in a straight-backed chair.
2. Rise from the chair.
3. Stand still momentarily.
4. Walk a short distance (approximately 3 meters).
5. Turn around.
6. Walk back to the chair.
7. Turn around.
8. Sit down in the chair.

Scoring:

Observe the patient's movements for any deviation from a confident, normal performance. Use the following scale:

- 1 = Normal
- 2 = Very slightly abnormal
- 3 = Mildly abnormal
- 4 = Moderately abnormal
- 5 = Severely abnormal

"Normal" indicates that the patient gave no evidence of being at risk of falling during the test or at any other time. "Severely abnormal" indicates that the patient appeared at risk of falling during the test. Intermediate grades reflect the presence of any of the following as indicators of the possibility of falling: undue slowness, hesitancy, abnormal movements of the trunk or upper limbs, staggering, stumbling.

A patient with a score of 3 or more on the Get-up and Go Test is at risk of falling.

Source:

Mathias S, Nayak USL, Isaacs B. Balance in elderly patients: the "get-up and go" test. *Arch Phys Med Rehabil.* 1986;67:387-389.