

SYNCHRONOUS VIDEO INSTRUCTIONS

TIMED UP & GO TEST

- <Clinician> will tell you when to start.
- Measure 10-foot length & place marker.
- Sit facing the camera.
- <When Clinician says> Stand up, walk 10 feet, turn around, walk back, sit down.

TIPS

- Stop if you feel discomfort or unsteady.

EQUIPMENT:

- Your walking aid (if you use one)
- Chair: Straight back, no wheels, with arms (e.g., armchair)
- Optional – Belt around waist for helper to hold.

HELPER: Yes

SETTING:

- Space for chair, 10-foot walk & room to turn around.
- Smooth surface to walk on.
- Indoors or outdoors

VIDEO INFO

- Use a tripod or prop up phone as needed.
- Make sure the entire body can be seen.

TOTAL TIME: <10 minutes

PURPOSE: To check your mobility.

YOUTUBE VIDEO: <https://www.youtube.com/watch?v=tNay64Mab78>

(Copy the YouTube link into your Internet browser.)