

## ASYNCHRONOUS VIDEO INSTRUCTIONS

\*TIMED UP & GO TEST\*

### Instructions

1. Measure 10-foot length & place marker
2. Sit facing the camera, with forearms on chair arms.
3. Turn camera on and start recording.
4. Stand up, walk 10 feet, turn around, walk back, sit down.

### Notes

#### TIPS

- Stop if you feel discomfort or unsteady.

TOTAL TIME: <10 minutes

#### EQUIPMENT:

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

HELPER: Yes

#### SETTING:

- Space for 10-foot walk, chair & 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.
- Start recording then start test. Stop recording when done.

PURPOSE: To check your mobility.

YOUTUBE VIDEO: [Watch a YouTube video of the assessment.](#)

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