

SYNCHRONOUS VIDEO INSTRUCTIONS

TIMED UP & GO TEST

Instructions

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

Notes

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

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