

Get Up and Go Test

Instructions

Instruct your patient/client to:

1. Sit upright in a chair with a straight backrest,
2. Stand up from the chair,
3. Stand still for a moment,
4. Walk approximately 3 meters forward,
5. Turn around and walk back to the chair,
6. Turn again to prepare for seating, and
7. Sit in the chair.

Monitor the patient's/client's movements for any signs of potentially falling based on the adjacent scoring scale.

A score of three or higher indicates the patient/client is at risk of falling.

Scoring

1

Normal

The patient/client did not show any signs of being at risk for falling.

2

Very Slightly Abnormal

The patient/client showed one or more of these signs of potentially falling:

3

Mildly Abnormal

- excessive slowness,
- hesitancy,
- staggering or stumbling, and
- irregular activity of the trunk or upper limbs.

4

Moderately Abnormal

5

Severely Abnormal

The patient/client showed signs of definitely falling.