Get up and Go Test

1. **Technique: Direct patient to do the following**
   1. Rise from sitting position
   2. Walk 10 feet *(about 5 stride lengths – know your stide)*
   3. Turn around
   4. Return to chair and sit down
2. **Interpretation**
   1. Patient takes <20 seconds to complete test
      1. Adequate for independent transfers and mobility
   2. Patient requires >30 seconds to complete test
      1. Suggests higher dependence and risk of of falls
3. **References**

[Posiadlo (1991) J Am Geriatr Soc 39:142-8](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=search&db=PubMed&term=Posiadlo%20%5bAU%5d%20AND%201991%20%5bDP%5d%20AND%20J%20Am%20Geriatr%20Soc%20%5bTA%5d)