ORTHOPEDIC SPINE THERAPY

Date: _____

Patient Name: _____

Patient DOB: _____

The Timed Up and Go (TUG) Test

Purpose: To assess mobility

Directions: Patients wear their regular footwear and can use a walking aid if needed. Have patient sit back in a standard arm chair and identify a line 10 feet away on the floor. Instructions to the patient: When I say "Go," I want you to:
1. Stand up from the chair
2. Walk to the line on the floor at your normal pace
3. Turn
4. Walk back to the chair at your normal pace
5. Sit down again

On the word "Go" begin timing.

Time: _____ Seconds_____

An older adult who takes ≥ 12 seconds to complete the TUG is at high risk for falling.

Observe the patient's postural stability, gait, stride length and sway. Circle all that apply.

Slow tentative pace

Loss of balance

Short strides

Little or no arm swing

Steadying self on walls

Shuffling

En bloc turning

Not using assistive device properly

Notes:

The 4-Stage Balance Test

Purpose: To assess static balance

Directions: There are four progressively more challenging positions. Patients should not use as assistive device (cane or walker) and keep their eyes open. Describe and demonstrate each position. Stand next to the patient, hold his/her arm and help them assume the correct foot position. When the patient is steady, let go, but remain ready to catch the patient if he/she should lose their balance. If the patient can hold a position for 10 seconds without moving his/her feet or needing support, go on to the next position. If not, stop the test.

Instructions to the patient: I'm going to show you four positions. Try to stand in each position for 10 seconds. You can hold your arms out or move your body to help keep your balance but don't move your feet. Hold this position until I tell you to stop.

For each stage, say "ready, begin" and begin timing. After 10 seconds, say "Stop."

Instructions to the patient:

Stand with your feet side by side.

Place the instep of one foot so it is touching the big toe of the other foot.

Place one foot in front of the other, heel touching toe.

Stand on one foot.

An older adult who cannot hold the heel to toe, #3 stance for at least 10 seconds is at increased risk of falling.

Notes:

The 30-Second Chair Stand Test

Purpose: To test leg strength and endurance

Equipment: A chair with a straight back without arm rests (seat 17" high). A stopwatch.

Instructions to the patient: When I say "Go," I want you to:
1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder crossed at the wrists.

3. Keep your feet flat on the floor.
4. Keep your back straight and keep your arms against your chest.

5. On "Go" rise to a full standing position and then sit back down again.
6. Repeat this for 30 seconds.

On "Go" begin timing.

If the patient must use his/her arms to stand, stop the test. Record "0" for the number and score.
Count the number of times the patient comes to a full standing position in 30 seconds.
If the patient is over halfway to a standing position when 30 seconds have elapsed, count it as a stand.
Record the number of times the patient stands in 30 seconds.

Number:_____ Score:_____

Age	Men	Women
60-64	<14	<12
65-69	<12	<11
70-74	<12	<10
75-79	<11	<10
80-84	<10	<9
85-89	<8	<8
90-94	<7	<4

Notes:

A below average score indicates a high risk for falls.

This form was developed by STEADI.