

Name of Instrument: **Get-up and Go Test**  
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**Contact Info:**

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**Privacy Use Cost:** \$

**Public Use Cost:** \$

**Year Developed:** 1985

**Where to obtain Instrument:**

- Contact author

**Description of the Instrument**

- The Get-Up and Go test was developed to be a satisfactory clinical measure of balance in elderly people.
- This test requires subjects to stand up from a chair, walk a short distance, turn around, return and sit down again.
- **Score:** Balance function was scored on a five-point scale: 1 = normal; 2 = very slightly abnormal; 3 = mildly abnormal; 4 = moderately abnormal; 5 = severely abnormal.
- Patient with score of 3+ is at risk for falling.

**Form of instrument:**

- Risk/Hazard Assessment Tools

**Method of delivery:**

- In-person interview/assessment

**Relevance to injury/ Percentage of the instrument specific to injury**

- To assess risk of falling.

**Time to administer or complete the instrument**

**Methods of data analyses:**

- Quantitative

**Setting/sample instrument used in:**

- Participants were 40 inpatients, outpatients or day patients of the medical and geriatric departments of Sally Oak Hospital, Birmingham, United Kingdom.
- All participants were believed to suffer from some degree of balance disturbance.
- The participants were asked to sit comfortably in a straight-backed high-seat office chair with armrests placed 3 m from a wall in a video studio. After sitting comfortably in the chair they were asked to rise, to stand still momentarily, to walk toward the wall, to turn without touching the wall, to walk back to the chair, turn around, and sit down. The same subjects underwent laboratory tests of balance, the measurement of sway, and gait.
- The tests were recorded on videotapes viewed by groups of observers from different medical backgrounds. The observers were asked to score the performance of the subject using the scale mentioned above.

**Was it pilot tested?** No

**Pilot test sample:**

#### **Reliability Measures**

- Kendall coefficient of concordance test was undertaken for physiotherapists:  $W=0.85$ ,  $df=9$ ,  $p<0.001$ ; and senior doctors:  $W=.686$ ,  $df=22$ ,  $p<0.001$

#### **Validity Measures**

#### **Reference**

Mathias, S., Nayak, U.S.L., & Isaacs, B. (1986). Balance in the elderly patients: The "get-up and go" test. Archives of Physical Medicine and Rehabilitation, 67(6), 387-389.

#### **Other References**

**Keywords:** gait, elderly, seniors, falls, fall prevention.