

Classic Timed Up and Go (TUG):

Was Trial #1 completed per protocol? Yes No

TUG time (total seconds): _____

Were walking aids used to complete TUG? Yes* No

- *If yes which aids? Cane
 Walker
 Crutches
 Braces
 Other: Specify: _____

Was Trial #2 completed per protocol? Yes No

TUG time (total seconds): _____

Were walking aids used to complete TUG? Yes* No

- *If yes which aids? Cane
 Walker
 Crutches
 Braces
 Other: Specify: _____

Optimized Timed Up and Go (TUG):

Was Trial #1 completed per protocol? Yes No

Supine to sit time (seconds): _____

Sit to stand, walk 3 meters, turn around, return to the mat, and sit down (seconds): _____

Sit to supine (seconds): _____

Were walking aids used to complete TUG? Yes* No

- *If yes which aids? Cane
 Walker
 Crutches
 Braces
 Other: Specify: _____

Was Trial #2 completed per protocol? Yes No

Supine to sit time (seconds): _____

Sit to stand, walk 3 meters, turn around, return to the mat, and sit down (seconds): _____

Sit to supine (seconds): _____

Were walking aids used to complete TUG? Yes* No

- *If yes which aids? Cane
 Walker
 Crutches
 Braces
 Other: Specify: _____