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November 2010

## December 2010 News

### In this issue:

- [-Exercise of the Month: Get Up and Go](#)
- [-Test Yourself--Timed Up and Go](#)
- [-Mobile Physical Therapy Information](#)
- [-Help Wanted--Join Our Team](#)
- [-MPT Attends Fall Conference](#)

## Exercise of the Month: Get Up and Go



### Exercise of the Month: Timed Up and Go

Has your "get up and go" got up and went? Then get it back by doing the "Timed Up and Go" exercise. You probably already do this easy exercise without even knowing it. Practicing the timed up and go helps improve strength, speed, and balance.

#### What you'll need:

- Chair (with arms if needed)
- Spot on floor 10 feet away from the chair
- Stopwatch or clock with a second hand

#### What you'll be doing:

You will be timing how long it takes you to stand up, walk 10 feet to the spot, turn around, and sit back down.

#### How to do it:

Start the stopwatch  
Stand Up  
Walk to the spot and turn around  
Walk back to the chair  
Sit down  
Stop the stopwatch.

*You want to include the time it takes to stand up (at the beginning) and sit down (at the end).*

Perform this 3-10 times, trying to improve your speed each time.

### **To Increase the difficulty try this:**

"TUG + Manual"--Perform the above while holding steady a cup 1/2 full of water.

"TUG + Thinking"--Perform the above while saying the days of the week out loud backwards or counting backwards from 100.

## **Timed Up and Go--Test Yourself**

### **Test Your "Get Up and Go"**

As described in our last several newsletters, University of Missouri researcher Carmen Abbott PT, PhD has identified several areas which are affected by the aging process and can contribute to fall risk. Abbott's study is unique because its participants were from various age groups starting at age 20. **This information is relevant for those of all ages.**

How long it takes you to stand up, walk, and return to the starting position has been studied extensively.

This is known as the "Timed Up and Go" test, or the TUG. The Timed Up And Go is used to evaluate balance and basic mobility skills in older, more frail adults. Slow TUG scores have been shown to predict falls risk and independence in activities. It can also be used as a screening tool to identify mobility problems.

Test your "Get Up and Go" speed to see how you measure up...no matter what your age! Compare your results based on age at the end of the article.

### **What you'll be doing:**

You will be timing how long it takes you to stand up, walk 10 feet to the spot, turn around, and sit back down.

### **How to do it:**

Start the stopwatch  
Stand Up  
Walk to the spot and turn around  
Walk back to the chair  
Sit down  
Stop the stopwatch.

*You want to include the time it takes to stand (at the beginning) and sit down (at the end).*

*up*

[For a video of how to do this, click here.](#)

## Averages by Age

20's 5.59 seconds  
30's 5.93 seconds  
40's 6.11 seconds  
50's 6.27 seconds  
60's 6.70 seconds  
70's 7.69 seconds

Scores over 15 seconds may mean you are at risk for a fall.

## Mobile Physical Therapy Information

Mobile Physical Therapy provides physical therapy services to seniors and others in their homes.

[Click here for a referral form, or call us at 314-558-1385.](#)

## Help Wanted



### Position Open

Mobile Physical Therapy is looking for help! We are looking for a physical therapist on an as needed or part-time basis to see patients in their homes.

If you are interested in providing excellent and compassionate home care services, and having a flexible schedule, contact us at 314-558-1385.

## MPT Attends Fall Conference

### Mobile Physical Therapy attended the Missouri Physical Therapy Association's Fall Conference in Springfield Missouri.

This year's conference focused on three topics, including sports rehab for the lower body, women's health, and fall prevention.

This was the second "Falls-Free Missouri" course, which was a continuation of last year's course in Columbia.

This course provided lectures and hands on experience in the areas of diagnostics in the vestibular laboratory, completion of a 10 Minute Exam of the Dizzy Patient, and the application of evidence based interventions shown to address the complex nature of balance impairments and the falling patient.

Mobile Physical Therapy is committed to continuing education and bringing the latest advancements in research to our clients.

