



**Bridget Durham**  
**Emily Micsko**  
**Chandler Samargia**  
**Tyler Galosi**  
**Matthew Ridenour**

*The Lift and Carry Test as a Functional and Valid Measure of Frailty in an Older Adult Population*

There are a number of ways to slow the progression of aging, namely by means of physical activity and exercise. Prior to addressing these issues, it is vital to identify those impairments that will most impact daily function. The Lift and Carry test is a modified version of the Timed Up and Go (TUG) functional measure that incorporates lifting and carrying 10 and 25 pound baskets while walking. This test was created because walking, lifting, carrying and turning are involved in so many routine activities. The purpose of this study is to further investigate the Lift and Carry test to identify if score differential (between 10 and 25 pound trials) is associated with frailty in older adults (40+). This study can help identify deficiencies in balance, gait, and functional mobility so that corrective treatment can be initiated early, to shift the focus from treating diseases to promoting health and wellness.