

Downloaded from www.rehabmeasures.org Page 1 Timed 10-Meter Walk Test General Information: individual walks without assistance 10 meters (32.8 feet) and the time is measured for the intermediate 6 meters (19.7 feet) to allow for acceleration and deceleration o start timing when the toes of the leading foot crosses the 2-meter mark o stop timing when the toes of the leading foot crosses the 8-meter mark o assistive devices can be used but should be kept consistent and documented from test to test o if physical assistance is required to walk, this should not be performed can be performed at preferred walking speed or fastest speed possible o documentation should include the speed tested (preferred vs. fast) collect three trials and calculate the average of the three trials Set-up (derived from the reference articles): measure and mark a 10-meter walkway add a mark at 2-meters add a mark at 8-meters Patient Instructions (derived from the reference articles): Normal comfortable speed: "I will say ready, set, go. When I say go, walk at your normal comfortable speed until I say stop" Maximum speed trials: "I will say ready, set, go. When I say go, walk as fast as you safely can until I say stop" Downloaded from www.rehabmeasures.org Page 2 10 Meter Walk Testing Form Name: Assistive Device and/or Bracing Used: Date: Seconds to ambulate 10 meters (only the middle 6 meters are timed) Self-Selected Velocity: Trial 1 sec. Fast Velocity: Trial 1 sec. Self-Selected Velocity: Trial 2 sec. Fast Velocity: Trial 2 sec. Self-Selected Velocity: Trial 3 sec. Fast Velocity: Trial 3 sec. Self-Selected Velocity: Average time sec. Fast Velocity: Average time sec. Actual velocity: Divide 6 by the average seconds Average Self-Selected Velocity: m/s Average Fast-Velocity: m/s Date: Seconds to ambulate 10 meters (only the middle 6 meters are timed) Self-Selected Velocity: Trial 1 sec. Fast Velocity: Trial 1 sec. Self-Selected Velocity: Trial 2 sec. Fast Velocity: Trial 2 sec. Self-Selected Velocity: Trial 3 sec. Fast Velocity: Trial 3 sec. Self-Selected Velocity: Average time sec. Fast Velocity: Average time sec. Actual velocity: Divide 6 by the average seconds Average Self-Selected Velocity: m/s Average Fast-Velocity: m/s Downloaded from www.rehabmeasures.org Page 3 References: Bohannon, R. W. Comfortable and maximum walking speed of adults aged 20-79 years: reference values and determinants." Age Ageing. 1997;26(1): 15-9. Bohannon RW, Andrews AW, Thomas MW. Walking speed: reference values and correlates for older adults. J Orthop Sports Phys Ther. 1996;24(2):86-90. Wolf SL, Catlin PA, Gage K, Gurucharri K, Robertson R, Stephen K. Establishing the reliability and validity of measurements of walking time using the Emory Functional Ambulation Profile. Phys Ther. 1999;79(12):1122-33.

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