

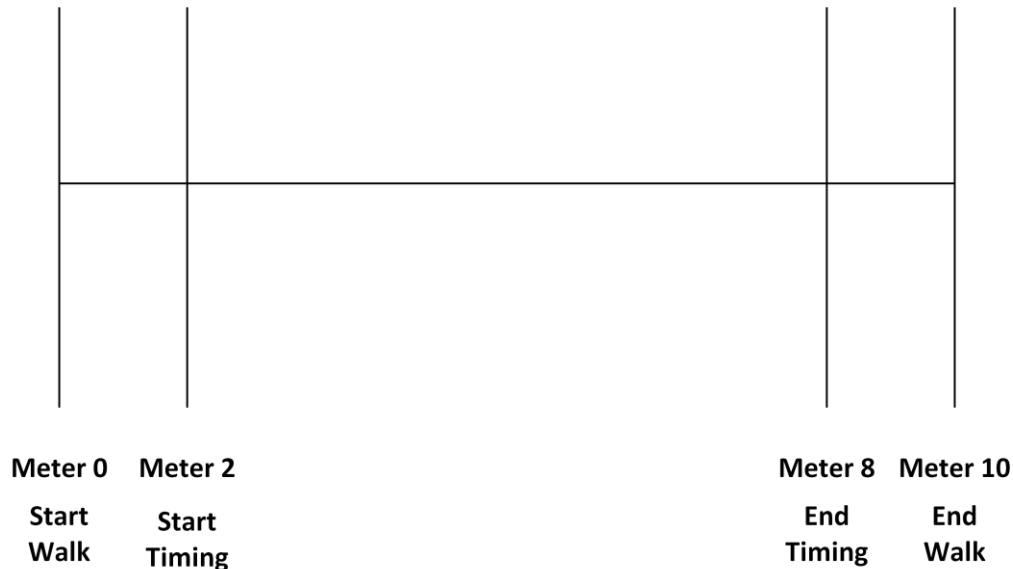
# Timed 10-Meter Walk Test

## 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
  - start timing when the toes of the leading foot crosses the 2-meter mark
  - stop timing when the toes of the leading foot crosses the 8-meter mark
  - assistive devices can be used but should be kept consistent and documented from test to test
  - if physical assistance is required to walk, this should not be performed
- can be performed at preferred walking speed or fastest speed possible
  - 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”*

# 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

### 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.