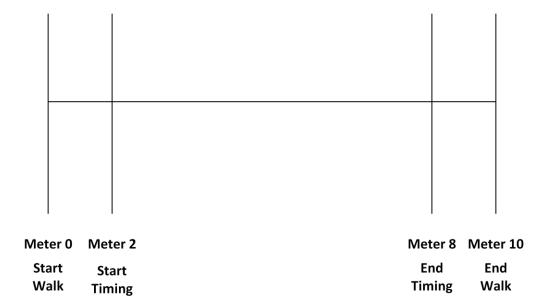
Timed 10-Meter Walk Test

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
 - 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
 - documentation should include the speed tested (preferred vs. fast)
- collect three trials and calculate the average of the three trials

<u>Set-up (derived from the reference articles):</u>

- 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 Braci	ng Used:		
Date:			
Seconds to ambulate 10 mete	ers (only the middle 6	meters are timed)	
Self-Selected Velocity: Trial	1 <u>sec.</u>	Fast Velocity: Trial 1	sec.
Self-Selected Velocity: Trial	2 <u>sec</u>	Fast Velocity: Trial 2	sec.
Self-Selected Velocity: Trial	3 <u>sec.</u>	Fast Velocity: Trial 3	sec.
Self-Selected Velocity: Avera	age time <u>sec.</u>	Fast Velocity: Average time_	sec
Actual velocity: Divide 6 by the	ne average seconds		
Average Self-Selected Veloci	ty:m/s		
Average Fast-Velocity:	m/s		
Date:			
Seconds to ambulate 10 met	ers (only the middle 6	meters are timed)	
Self-Selected Velocity: Trial	1 <u>sec.</u> _	Fast Velocity: Trial 1	sec.
Self-Selected Velocity: Trial	2 <u>sec.</u>	Fast Velocity: Trial 2	sec
Self-Selected Velocity: Trial	3 <u>sec.</u>	Fast Velocity: Trial 3	sec.
Self-Selected Velocity: Avera	age time <u>sec.</u>	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:

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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.