10-metre Walk Test (Comfortable Pace) Data Collection and Goal Setting Form

1. Name: ___________________________  
   2. Date: ___________________________ (mm-dd-yyyy)

3. Age: ___________________________  
   4. Sex: □ Male □ Female

5. Walking aid used: 
   □ None □ Single point cane □ 2-wheeled walker □ Stable walker
   □ 4-point cane □ Hemi-walker
   □ Other: ____________________________________________

6. Orthosis used: 
   □ None □ Rigid plastic (no joint) □ Rigid plastic (with joint)
   □ Other: ____________________________________________

7. Footwear (describe): ________________________________________________

8. Assistance Required to Walk: Circle the appropriate level

<table>
<thead>
<tr>
<th>Level</th>
<th>Description of Human Assistance Required to Walk</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDEPENDENT - Another person is not required for the activity (NO HELPER).</td>
<td></td>
</tr>
<tr>
<td>7 Complete Independence</td>
<td>All of the tasks which make up the activity are typically performed safely, without modification, assistive devices, or aids, and within a reasonable amount of time.</td>
</tr>
<tr>
<td>6 Modified Independence</td>
<td>One or more of the following may be true: an assistive device (e.g., foot orthoses, cane) is required to complete the task; the activity takes more than reasonable time (at least 3 times longer than normal); or there are safety (risk) considerations.</td>
</tr>
</tbody>
</table>

DEPENDENT - Another person is required for either supervision or physical assistance in order for the activity to be performed, or it is not performed (REQUIRES HELPER).

<table>
<thead>
<tr>
<th>Modified Dependence</th>
<th>The client expends half (50%) or more of the effort. The levels of assistance required are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Supervision</td>
<td>The client requires no more help than standby supervision, cueing or coaxing, without physical contact.</td>
</tr>
<tr>
<td>4 Minimal Contact Assistance</td>
<td>The client requires no more help than touching, and client expends 75% or more of the effort.</td>
</tr>
<tr>
<td>3 Moderate Assistance</td>
<td>The client requires more help than touching, or expends half (50%) or more (up to 75%) of the effort.</td>
</tr>
</tbody>
</table>

Complete Dependence - The client expends less than half (less than 50%) of the effort. Maximal or total assistance is required, or the activity is not performed. The levels of assistance required are:

<table>
<thead>
<tr>
<th>2 Maximal Assistance</th>
<th>The client expends less than 50% of the effort, but at least 25%.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Total Assistance</td>
<td>The client expends less than 25% of the effort, 2 persons are required for assistance, or the task is not tested for safety reasons.</td>
</tr>
</tbody>
</table>

9. Time (seconds): ___________________________ (record to two decimal places e.g., 8.65)

10. Comfortable walking speed (m/s): ___________________________
11. Age- and sex-specific norm (m/s): __________________________

12. Walking speed as % of norm: __________________________

13. Crosswalk speed: 1.20 m/s

14. Walking speed as % of crosswalk speed: __________________________

15. Check one:
   □ Household ambulator (<0.40 m/s)
   □ Limited community ambulator (0.40 to <0.80 m/s)
   □ Community ambulator (≥0.80 m/s)

16. Short-term goal (to achieve in 2 weeks):
   I will be able to walk______________ m/s on the 10mWT.
   So that I can:________________________________________________ (meaningful activity)

17. Long-term goal (to achieve in 6 weeks):
   I will be able to walk______________ m/s on the 10mWT.
   So that I can:________________________________________________ (meaningful activity)

18. Comments: __________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

EXAMPLE: DOCUMENTING 10mWT PERFORMANCE IN THE PATIENT’S HEALTH RECORD

10mWT (comfortable) = 0.58 m/s (assistance=Level 5, quad cane, (L) AFO, running shoes),
51% of norm (norm=1.13 m/s, Bohannon 2011), STG (2 weeks) = 0.75 m/s to avoid incontinence, LTG (6 weeks) = 1.20 m/s to cross street on time.