# 6-Minute Walk Test Instructions for People with Aphasia

The following slides and instructions can be used to instruct people with aphasia on how to perform the 6MWT. We recommend that you print the full-page slides and instructions (in colour if possible), place each page in a plastic cover and keep them held together with a ring for use with patients. Store the slides in a designated location.

<table>
<thead>
<tr>
<th>Slide Number</th>
<th>Picture</th>
<th>Instructions for Physical Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><img src="image" alt="Walk around" /></td>
<td>Show slide 1. Trace the walking path to the end and back 3 times with your finger saying “Walk around and around.”</td>
</tr>
<tr>
<td>2</td>
<td><img src="image" alt="Walk for 6 minutes" /></td>
<td>Show slide 2 and say: “Walk for 6 minutes”.</td>
</tr>
<tr>
<td>3</td>
<td><img src="image" alt="No talking" /></td>
<td>Show slide 3 and say: “No talking”.</td>
</tr>
</tbody>
</table>
Slide Number | Picture | Instructions for Physical Therapist
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4 | Feel bad, take a break | Show slide 4 and use your finger to trace from the symptom to the action and say: “If you feel bad, sit down”.
5 | Walk again | Show slide 5. Trace the walking path to the end and back with your finger pointing and say: “Walk again”.
6 | Pain | Show slide 6. Point to each point of pain, then to the stop sign and say “Pain (point to heart) or pain (point to calf), then stop.”
7 | After 6 minutes STOP | Show slide 7 and say: “After 6 minutes, stop walking”.

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Show slide 8 and ask: “Questions?”

Show slide 9 and say “Ready? Go!”. Patient performs the task.

As you say 5, 4, 3, 2, or 1 minute more, hold up the corresponding number of fingers.

Follow instructions on the slide.

When a patient takes a rest
If the patient takes a rest, every 30 seconds ask:

“Can you walk now?”

If the patient indicates “yes”, then say:

“Please walk”
6-Minute Walk Test

Instructions for People with Aphasia
Walk around
Walk for 6 minutes
No talking
Feel bad, take a break
Walk again
Pain

or

STOP
After 6 minutes STOP
Questions?
Go!
Standardized Encouragement

Each minute provide the following standardized encouragement:

At 1 minute:  *Good work, 5 minutes more.*
At 2 minutes:  *Good work, 4 minutes more.*
At 3 minutes:  *Good work, 3 minutes more.*
At 4 minutes:  *Good work, 2 minutes more.*
At 5 minutes:  *Good work, 1 minute more.*
At 6 minutes:  *STOP*
When a patient takes a rest

If the patient takes a rest, every 30 seconds ask:

“Can you walk now?"

If the patient indicates “yes”, then say:

“Please walk”