

10-metre Walk Test (Comfortable Pace) Protocol

Equipment:

- 10mWT Protocol and Data Collection and Goal Setting Form on clipboard
- Measured and marked walkway
- 2 armchairs (depending on patient's functional level)
- 1 pylon to mark the end of the walkway
- Stopwatch (or iWalkAssess app)
- Transfer belt (if needed)

Patient Preparation - Patients should:

1. Wear comfortable clothing,
2. Wear supportive footwear,
3. Wear corrective eyewear (if applicable), and
4. Use their presently used walking aids and orthoses during the test.

Test Set-Up:

Position chairs at each end of the 14-metre walkway as appropriate. Place a pylon at the end of the walkway.

Testing:

1. Put a transfer belt on the patient if appropriate.
2. Perform the test once. The patient should not practice the test.
3. The evaluator should have hands free. A stopwatch can be worn around the neck or a smartphone can be worn in a lanyard around the neck or in an armband.
4. With the patient seated at the start end of the walkway, say:
"I am going to measure your comfortable walking speed. I will say "Ready, set, go". When I say "go", walk in a straight line at a pace that is safe and comfortable for you, until you reach the pylon. Now I'm going to show you (evaluator walks to pylon and returns). Do you have any questions?"
5. The patient should stand behind the starting line. The evaluator should stand on the patient's affected side. Provide the minimum amount of manual assistance necessary to maintain patient safety. Say:
"Ready, set, go".
6. On the word 'go', the patient begins to walk the initial 2-metre acceleration distance. The evaluator starts timing when the patient's first foot crosses the 2-metre line, and stops timing when the first foot crosses the 12-metre line although the patient continues to walk the final 2-metre deceleration distance to the pylon. Help the patient to sit down if necessary.

7. Walk slightly behind the patient so as not to pace the patient. Provide physical assistance (e.g., for balance, weight-shifting or leg advancement) if necessary.
8. The patient should not talk or be distracted during the test. The evaluator provides no encouragement.
9. Record the time (to 2 decimal places) taken to walk 10 metres. Calculate walking speed.
10. **In the patient's health record**, document walk test performed and pace, walking speed, test details (i.e., assistance level, walking aid and orthosis used, shoes worn) for comparison at re-test, % of norm, norm value and source, and short- and long-term goal (STG, LTG) as follows:

**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.