

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

Level	Description of Human Assistance Required to Walk
INDEPENDENT - Another person is not required for the activity (NO HELPER).	
7	Complete Independence - 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.
6	Modified Independence - 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.
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).	
Modified Dependence - The client expends half (50%) or more of the effort. The levels of assistance required are:	
5	Supervision - The client requires no more help than standby supervision, cueing or coaxing, without physical contact.
4	Minimal Contact Assistance - The client requires no more help than touching, and client expends 75% or more of the effort.
3	Moderate Assistance - The client requires more help than touching, or expends half (50%) or more (up to 75%) of the effort.
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:	
2	Maximal Assistance - The client expends less than 50% of the effort, but at least 25%.
1	Total Assistance - The client expends less than 25% of the effort, 2 persons are required for assistance, or the task is not tested for safety reasons.

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.