

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.

**Slide
Number**
1

Picture



Instructions for Physical Therapist

Show slide 1. Trace the walking path to the end and back 3 times with your finger saying “Walk around and around.”

2



Show slide 2 and say: “Walk for 6 minutes”.

3



Show slide 3 and say: “No talking”.

**Slide
Number**

Picture

Instructions for Physical Therapist

4



Show slide 4 and use your finger to trace from the symptom to the action and say: *“If you feel bad, sit down”*.

5



Show slide 5. Trace the walking path to the end and back with your finger pointing and say: *“Walk again”*.

6



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



Show slide 7 and say: *“After 6 minutes, stop walking”*.

Slide Number

Picture

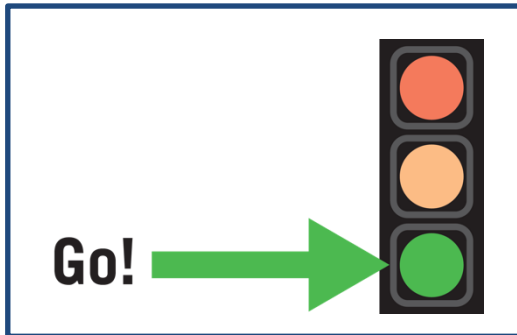
Instructions for Physical Therapist

8



Show slide 8 and ask: "Questions?"

9



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

10

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

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

11

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:

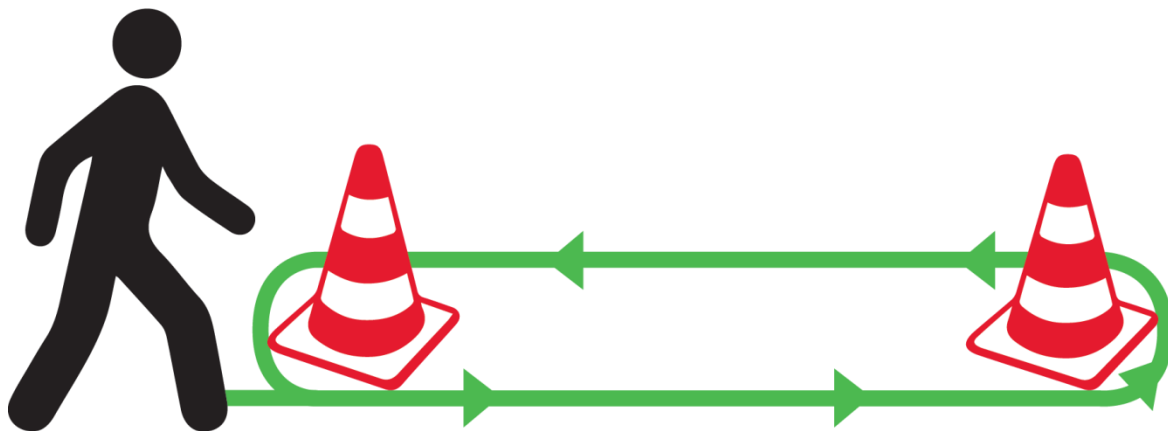
"Please walk"

Follow instructions on the slide.

6-Minute Walk Test

Instructions for People with Aphasia

Walk around



1



**Walk for
6 minutes**

2



**No
talking**

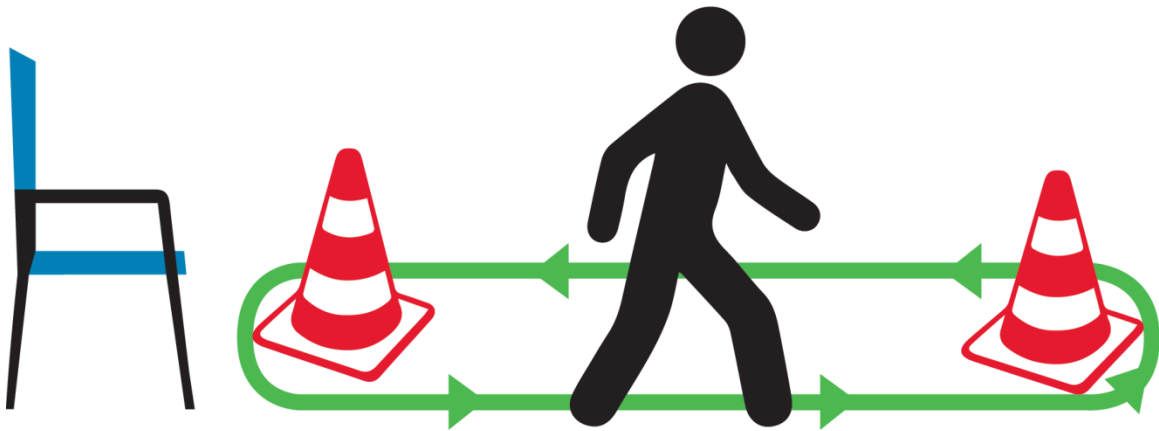
3

Feel bad, take a break



4

Walk again



5

Pain



6

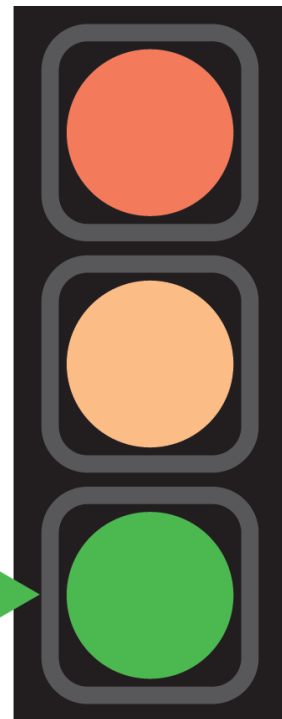
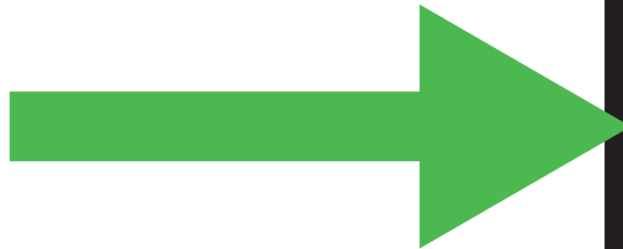
After 6 minutes



7

Questions?

Go!



9

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*

10

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”