

10 Meter Walk Test

What's the purpose?

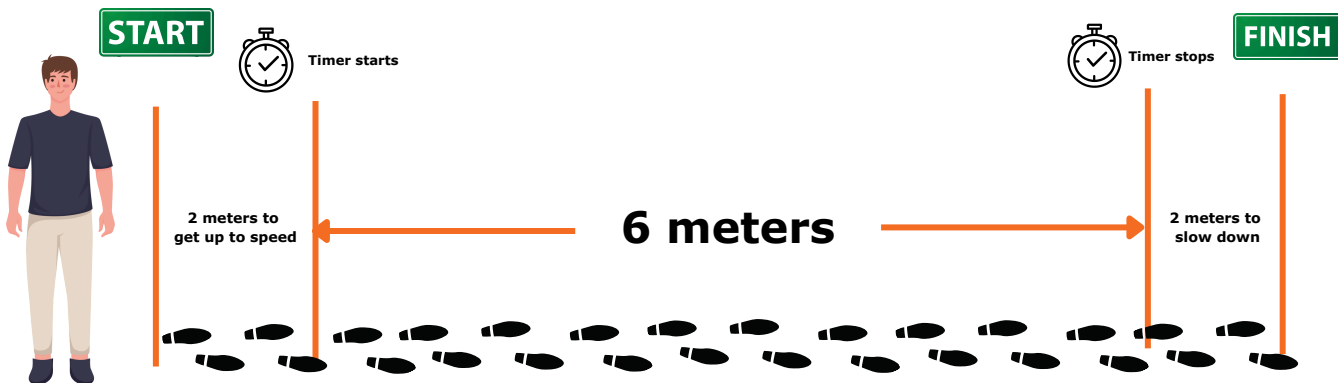
The 10 Meter Walk Test measures walking speed over a short distance. It is used to assess your mobility, balance and gait (your unique way of walking). It is often used to evaluate people with mobility problems including older adults, people with Parkinson's disease, neuromuscular conditions, spinal cord injury, stroke, or brain injury.

What do I have to do?

Your therapist will mark a 10-meter (approximately 33 feet) path on the floor. You'll have 2 meters at the beginning to reach your normal walking speed before the timer starts. The timed portion covers the next 6 meters. Once you reach the 8-meter mark, the timer stops. You'll then have the final 2 meters to gradually slow down and come to a stop.

You will be given 2 chances to complete the test at your normal walking speed and 2 chances to walk the distance at a faster pace. Your therapist will calculate your speed in meters per second for your normal walking pace and for your faster walking pace.

Assistive devices, such as canes, walkers, orthotics or braces can be used.



What does my score mean?

In general, faster speeds mean your balance and mobility are good and lower speeds indicate poor mobility and a higher risk of falling. Scores that are considered normal vary by age, sex, underlying health conditions and mobility limitations, so talk to your therapist about what your particular score means for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.

Questions? Email rehabmeasures@sralab.org or call 312.238.2802