

Gait Speed

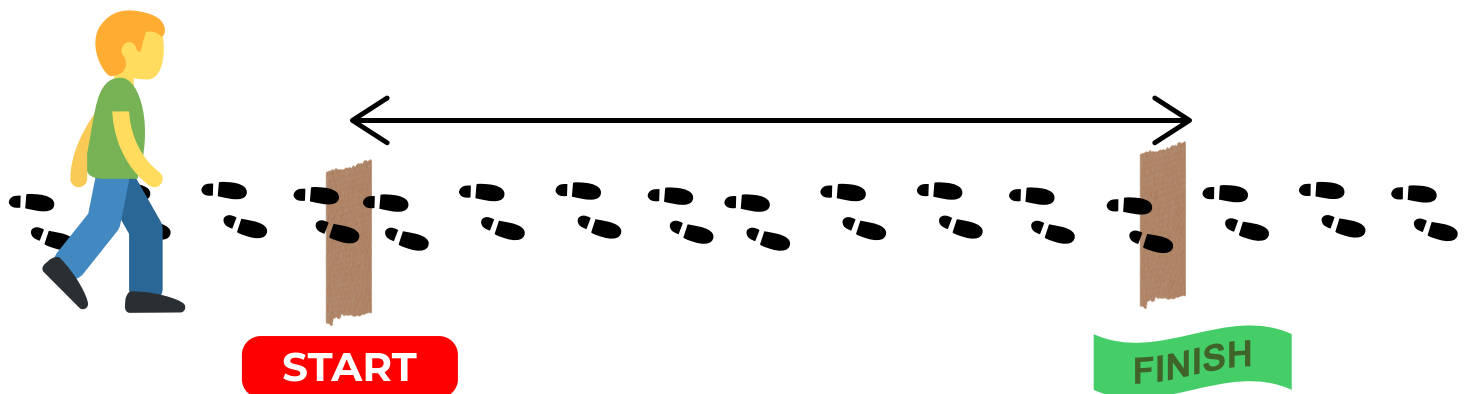
What's the purpose?

The Gait Speed test measures how fast you can walk a short distance. Walking speed is an overall indicator of general health. The Gait Speed test is often used to evaluate mobility in people with arthritis or other joint conditions, balance issues, stroke and in older adults.

What do I have to do?

Your therapist will mark the distance you will walk on the floor with tape. You'll start just behind the starting line. When your therapist says "go," walk at your usual pace until you pass the finish line. You'll repeat this two times. Your therapist will calculate your walking speed as the average of your two walks in feet per second.

You may do the test again, but walking as fast as you can without running.



What does my score mean?

Most healthy older adults walk at about 3.2 feet per second or faster when moving at a comfortable pace. Walking more slowly can sometimes be a sign of balance or mobility challenges, a higher chance of falls, or other health concerns.

- Less than 2.6 feet per second: Possible concerns about mobility. Your therapist may suggest ways to improve your strength, balance, or walking ability.
- 2.6 to 3.9 feet per second: This is the usual range for many older adults and shows healthy mobility.
- More than 3.9 feet per second: Good mobility and a good sign for your overall health.

Have a conversation with your therapist about what the results mean 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

