Timed 10-Meter Walk Test

General Information:
- individual walks without assistance 10 meters (32.8 feet) and the time is measured for the intermediate 6 meters (19.7 feet) to allow for acceleration and deceleration
  - start timing when the toes of the leading foot crosses the 2-meter mark
  - stop timing when the toes of the leading foot crosses the 8-meter mark
  - assistive devices can be used but should be kept consistent and documented from test to test
  - if physical assistance is required to walk, this should not be performed
- can be performed at preferred walking speed or fastest speed possible
  - documentation should include the speed tested (preferred vs. fast)
- collect three trials and calculate the average of the three trials

Set-up (derived from the reference articles):
- measure and mark a 10-meter walkway
- add a mark at 2-meters
- add a mark at 8-meters

Patient Instructions (derived from the reference articles):
- Normal comfortable speed: “I will say ready, set, go. When I say go, walk at your normal comfortable speed until I say stop”
- Maximum speed trials: “I will say ready, set, go. When I say go, walk as fast as you safely can until I say stop”
10 Meter Walk Testing Form

Name:_________________________________________

Assistive Device and/or Bracing Used:___________________________________________

Date:_______

Seconds to ambulate 10 meters (only the middle 6 meters are timed)

Self-Selected Velocity: Trial 1_______ sec.  Fast Velocity: Trial 1_______ sec.

Actual velocity: Divide 6 by the average seconds

Average Self-Selected Velocity:_________ m/s
Average Fast-Velocity:________________ m/s

Date:_______

Seconds to ambulate 10 meters (only the middle 6 meters are timed)

Self-Selected Velocity: Trial 1_______ sec.  Fast Velocity: Trial 1_______ sec.

Actual velocity: Divide 6 by the average seconds

Average Self-Selected Velocity:_________ m/s
Average Fast-Velocity:________________ m/s
References:
