10 Metre Walk test (10MWT) instructions

Perform this test if patient meets the following **stage: 3B**) Functional Walking Capacity – Independent Household Ambulator: ability to ambulate daily using reciprocal steps over ground for short distances (10-100m) independently. Person may use assistive devices and /or orthoses with the exception of bilateral KAFOs).

**Time needed to Complete Assessment:** less than 5 minutes

**Equipment Needed:** stopwatch with a 14m walkway marked on a smooth floor, with the middle 10m marked as well.

**Therapist Instructions:**
- The patient should be instructed to walk 14m. The measurement starts when the patient’s lead foot crosses a mark on the floor that indicates the onset of the 10m pathway (a “flying start”). After the trialing foot crosses the line at the end of the 10m the timing is stopped but the patient continues until he or she has reached the end of the 14m track. Allow the patient to initiate the start of the test. The patient is allowed the use of walking aids but no physical assistance is permitted. The patient should be wearing shoes. You may walk behind the patient but you may not be in their field of vision.

**Note:** A special condition occurs when the patient requires the use of parallel bars, as these are rarely 14m long. If parallel bars are used, please record the middle 5m between the parallel bars twice. The first and second 5m times are summed and written down.

**Patient Instructions:** “The goal of this test is to assess the time you need to walk 10 meters. Please walk in a straight line without any breaks to the end point.”

**Scoring:** the time to the nearest second is recorded. Distance m/s can be calculated.

**Clinical reference values:**

In SCI:

**Minimal detectable change = 0.13 m/s**


http://www.scireproject.com/outcome-measures-new/10-meter-walking-test-10-mwt#