

2MWT Worksheet

General Information:

- The individual walks without assistance for 2 minutes, and the total distance is measured.
 - Start time when the individual is instructed to “Go”.
 - Stop time at 2 minutes.
 - Assistive devices can be used, but should be kept consistent and documented from test to test (e.g., if they usually use a cane to walk, then distances walked will only be comparable if they use a cane every time test is performed).
- Person taking the test should be instructed to walk at the at the fastest speed at which they feel comfortable.

Set-up and Equipment:

- Hallway length ideally of at least 15-30 m in length. Ensure the hallway is free of obstacles, chairs, or any other equipment that may compromise safety.
- Stopwatch.
- Tape measure (or mechanical lap counter if you have a track/route pre-measured).
- Cones to mark the turnaround (e.g., at 15 m).
- A chair that can be easily moved along the walking distance (for if/when walker needs to rest).

Results:

Date: _____

Name/ID: _____

Assistive Device and /or Bracing Used: _____

Medications taken before the test (dose and time): _____

Supplemental oxygen during the test: No Yes, flow _____ L/min, type _____

Number and duration of rest during the test: _____

Distance ambulated in 2 minutes: _____