

6-Minute Push Test (6-MPT)

General Information:

- The individual pushes a manual wheelchair over a flat surface, as far and hard as they can in 6 minutes, and the total distance is measured.
 - Start time when the individual is instructed to “Go”.
 - Stop time at 6 minutes.
- The person taking the test should be instructed to push their manual wheelchair at the fastest speed at which they feel comfortable; however, they may slow down and take breaks to rest as needed and resume propelling for whatever time remains.

Set-up and Equipment:

- Hallway length ideally of 30 m. Ensure the hallway is free of obstacles, chairs, or any other equipment that may compromise safety.
- Stopwatch.
- Mechanical lap counter if you have a track/route pre-measured.
- Cones or a tape measure to mark the turnaround (e.g., at 30 m).

Results:

Date: _____

Name/ID: _____

Number and duration of rest during the test: _____

Distance covered in 6 minutes: _____