

6 MINUTE WALK TEST (6MWT)

Set Up:

- o Hallway or open area at least 12 meters long with smooth, consistent surface
- o Mark start (0 meters) and turn around (12 meters)
- o Object (e.g. cone) at each end for turnaround; turning area should be 49 in (124 cm) wide.
- o Place chair at one end
- o Allow patient to rest prior to starting the test

Instructions:

- o *"The aim of this test is to walk as far as possible in six minutes. You will walk back and forth in the hallway. Six minutes is a long time to walk, so you will be exerting yourself. You may get out of breath or become tired. You are allowed to slow down, to stop, and to rest as necessary. You may lean against the wall while resting but resume walking as soon as you are able. Are you ready to do that?"*
- o *"Walk around the object at each end. I am going to use this counter to keep track of the laps you complete. Remember the aim is to walk as far as possible, but do not run or jog." "Start now or when you are ready."*

Count laps and give standard encouragement:

- o Encouragement is given after each minute of the test (e.g., *"You're doing a good job and you have 5 minutes left"*, or *"Keep up the good work. You have 4 minutes to go."*); no other communication should occur during the test. At 6 minutes: *"Stop"*

Distance (in meters) covered in six minutes is calculated by multiplying the number of total laps by 12 meters and adding the distance of the partial lap completed at the time the test ended.

Notes:

- o Standing rests are OK, keep the timer going
- o Document assistive device/bracing used and keep consistent between trials; if the patient no longer needs the device/brace or has progressed to a less restrictive device/brace, the test should be repeated, and these changes documented.
- o Document the level of physical assistance provided (see instructions: 6 MWT & 10mWT: Documenting Level of Physical Assistance)

10 METER WALK TEST (10mWT)

Set Up:

- o Clear pathway 10 meters in length in a designated area over solid flooring
- o Mark start (0 meters) and end points (10 meters)
- o Place marks at 2 meters and 8 meters

Instructions:

- o Two trials for each speed is recommended: comfortable speed trials first, then fast speed; Average of 2 trials is score for that condition
- o Comfortable speed instructions:
 - o *"Walk at your own comfortable walking pace and stop when you reach the far mark."*
- o Fast speed instructions:
 - o *"Walk as fast as you can safely walk and stop when you reach the far mark."*

Timing and conversion

- o The time is started when any part of the leading foot crosses the plane of the 2-meter mark.
- o The time is stopped when any part of the leading foot crosses the plane of the 8-meter mark.
- o Divide 6m by the seconds recorded to get a speed in m/sec

Notes:

- o Document assistive device/bracing used and keep consistent between trials; if the patient no longer needs the device/brace or has progressed to a less restrictive device/brace, the test should be repeated, and these changes documented.
- o Document the level of physical assistance provided (see instructions: 6MWT & 10mWT: Documenting Level of Physical Assistance)

6MWT & 10mWT: DOCUMENTING LEVEL OF PHYSICAL ASSISTANCE

- o The level of physical assistance required should be documented using a 7-point scale:
 - 1 = total assist [patient performs 0%-24% of task] *
 - 2 = maximum assist [patient performs 25%-49% of task]
 - 3 = moderate assist [patient performs 50%-74% of task]
 - 4 = minimum assist [patient performs 75%-99% of task]
 - 5 = supervision [patient requires stand-by or set-up assist; no physical contact is provided]
 - 6 = modified independent [patient requires use of assistive devices or bracing, needs extra time, mild safety issues]
 - 7 = independent

**If total assist is required, a score of "0" should be documented*

- o Assistance should be provided to prevent a fall or collapsing (i.e. knee buckling, trunk collapse, etc.).
- o Assistance should not be provided for limb swing, or any other way the assistance is propelling the patient forward. If this type of assistance is required, a score of "0" should be documented.

ACTIVITIES SPECIFIC BALANCE CONFIDENCE SCALE (ABC)

Instructions:

- o Patient is administered the self-report questionnaire either by interview (face-to-face) or by paper on their own
- o Use a copy of the ABC.
- o *"For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale: 0% (No confidence), 10, 20, 30, 40, 50, 60, 70, 80, 90, 100% (Completely confident)"*
- o *"How confident are you that you will not lose your balance or become unsteady when you..."*

Scoring:

- o Total the ratings and divide that number by 16 for the ABC self-confidence score (reported in %)
- o For patients who skip items, sum the ratings and divide by the number of items completed
- o 12 of the 16 items must be answered to get a score

BERG BALANCE SCALE

Equipment/Set Up:

- o Stopwatch
- o 2 chairs, standard height (18-20 in), one with arm rests and one without
- o Step stool or step of average height (7 ¾ -9 inches high)
- o Ruler
- o Slipper or shoe

Instructions/Administration/Scoring

- o Use a copy of the Berg Balance Scale and perform each item with the patient, using the instructions and scoring indicators for each item
- o When complete, add all items for a total score (0-56)

Notes:

- o Assistive devices are not to be used
- o A hospital bed or mat table can be used in lieu of a chair without arm rests as long as the height is between 18-20 inches
- o Item 8: Patients should use both arms to reach unless one is limited in ability to lift (e.g.: ROM or strength limitation). If there is a limitation on one side, the intact side can be utilized provided that the patient is not utilizing trunk rotation to achieve further reach. Item 9: If a shoe/slipper is not available, only substitute with an item that is similar height as a shoe/slipper
- o Item 13/14: The BBS allows the patient to self-select the limb that they stand on, however in instances where they have unilateral impairment it is recommended that the patient be tested with on the involved limb (SLS) and placing the involved limb in the back (tandem)

FUNCTIONAL GAIT ASSESSMENT

Equipment/Set Up:

- o Stopwatch
- o Marked walking area of 20 feet (6 meters) long and 12 inches (30.48 cm) wide
- o Obstacle of 9-inch height (2 stacked shoeboxes)
- o Set of steps (7 ¾ -9-inch step height) with bilateral railings

Instructions/Administration/Scoring

- o Use a copy of the Functional Gait Assessment and perform each item with the patient, using the instructions and scoring indicators given for each item
- o When complete, add all items for a total score (0-30)

Notes:

- o You can use a set of 4 steps as long as they have bilateral railings and a step height of 7 ¾- 9 inches
- o Assistive devices are permitted where the scoring indicates a score for completion with a device. For other items, use of a device would be scored a 0

5TSTS

Equipment/Set Up:

- o Place a standard height chair (17-18 in) such that it is unsecured (i.e.: not up against a wall)
- o Patient sits in the chair with arms folded across chest
- o Patient places feet comfortably underneath them

Instructions:

- o One trial is administered
- o *"I want you to stand up and sit down 5 times in a row as quickly as you can when I say 'Go'. Be sure to stand up fully and try not to let your back touch the chair between each repetition. Do not use the back of your legs against the chair"*

Timing:

- o Begin timing when you say "Go"
- o Stop timer when the patient's buttocks hit the seat on the 5th repetition