



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 test should not be used.

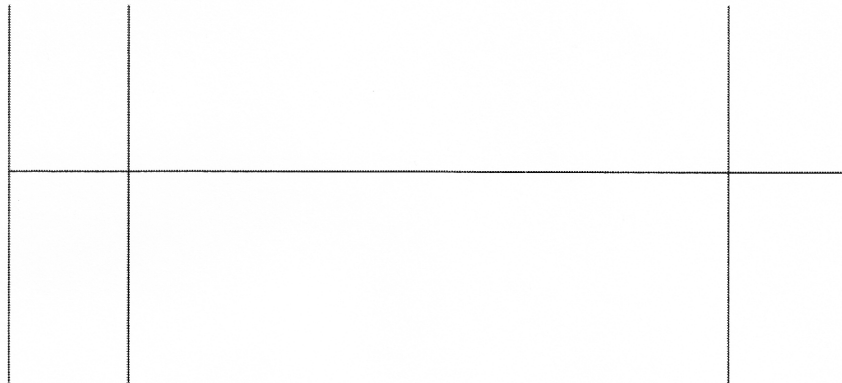
Can be performed at preferred walking speed or fastest speed possible.

Documentation should include the speed tested (preferred vs. fast).

Collect three trials and calculate the average of the three trials.

Set Up

Measure and mark a 10-meter walkway. Add a mark at 2-meters. Add another mark at 8-meters.



Meter 0 Meter 2

Start Start
Walk Timing

Meter 8 Meter 10

End End
Timing Walk



Timed 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
Self-Selected Velocity: Trial 2 _____ sec Fast Velocity: Trial 2 _____ sec
Self-Selected Velocity: Trial 3 _____ sec Fast Velocity: Trial 3 _____ sec
Self-Selected Velocity Average Time: _____ sec
Fast Velocity Average Time _____ 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
Self-Selected Velocity: Trial 2 _____ sec Fast Velocity: Trial 2 _____ sec
Self-Selected Velocity: Trial 3 _____ sec Fast Velocity: Trial 3 _____ sec
Self-Selected Velocity Average Time: _____ sec
Fast Velocity Average Time _____ sec

Actual Velocity: Divide 6 by the average seconds.

Average Self-Selected Velocity: _____ m/s

Average Fast Velocity _____ m/s