



WALK TEST

The Walk Test is a modified version of the Timed Up-and-Go Test used in the geriatrics field since 1990. The results of this assessment are used to construct the Dynamic Balance and Gait Enhancement exercises in your client's program. This is because the Walk Test includes walking demands with straight line & rotational movement.

Equipment needed for the Walk Test includes:

- Standard folding chair or table chair without arms
- Measuring tape
- A 12-foot open area for walking
- Small cone or another item to designate turn-round point
- Adhesive tape to mark the starting (front of chair legs) and ending (back edge of cone) locations
- Stopwatch/timer that can measure to the closest 0.01 second

Here is the set up for the Walk Test

- Place the rear chair legs against a solid surface such as a bench or step so that the chair does not move upon standing or sitting
- Affix a piece of tape on the floor between the front chair legs & measure forward EXACTLY 3 meters (9 feet, 10 & 1/8 inches) and affix another piece of tape on the floor
- Place the BACK EDGE of the cone directly over the tape at the 3 meter mark
- Demonstrate the Walk Test to your client using the following procedures and have the client demonstrate at least once before taking measurements

Here is the procedure to deliver the Walk Test:

- Have your client sit slightly forward in the chair with hands on the lap and feet at hip width

- Instruct your client to “Walk as fast as possible without running, around the cone, then return to the chair and sit down”
- Say “Ready, Set, Go” to indicate start of the test and start the stopwatch on “Go”
- If your client moves before you say go, stop the trial and begin again
- Stop the stopwatch as soon as the rear end contacts the chair and note the time to the closest 0.01 second
- Client may choose what direction to walk around the cone
- Perform two trials and then have the client perform two more trials walking around the cone in the OPPOSITE DIRECTION – it is possible that there may be different movement strategies or issues when turning in the other direction
- Repeat the trial if the cone is kicked or knocked over
- Enter the fastest time (to the closest 0.01 second) into the data entry field on the web platform

Here are the criteria for a YES selection on the movement observations for the Walk Test:

1. If the client does not stand up from the chair on the first attempt on any repetition or requires significant rocking momentum prior to standing up
2. If the client veers off a straight line when walking to the cone or back to the chair. Additionally, you may ask the client if they feel wobbly while walking
3. If the client takes choppy or uneven steps while performing the cone turn or contacts the cone. Additionally, you may ask the client if they feel wobbly while turning
4. If the client shuffles feet or scuffs the floor on one or more steps during straight line walking
5. If the client takes choppy or uneven steps while turning around to prepare for the chair sit. Additionally, you may ask the client if they feel wobbly while turning
6. If the client loses eccentric control and forcefully plops down into the chair at the end of the test