

INDICATION

Calculates expected 6 minute walk distance for a healthy individual aged 40-80 years with similar characteristics.

This can be used to assess functional status as single or serial measurement after intervention.

ADDITIONAL INFORMATION

Only validated on patients aged 40-80 years of age

Provides lower limit of normal to expected distance

Ideally should be performed on flat, straight course

CALCULATION

Male patients:

$$6\text{MWD in meters} = (7.57 \times \text{height in cm}) - (5.02 \times \text{age}) - (1.76 \times \text{weight in kg}) - 309$$

Lower limit of normal = 6MWD - 153

Female patients:

$$6\text{MWD in meters} = (2.11 \times \text{height in cm}) - (2.29 \times \text{weight in kg}) - (5.78 \times \text{age}) + 667$$

Lower limit of normal = 6MWD - 139