

## 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:**

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

$$\text{Lower limit of normal} = \text{6MWD} - 153$$

### **Female patients:**

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

$$\text{Lower limit of normal} = \text{6MWD} - 139$$