
Two-Minute Walk Test

The Two-Minute Walk Test (2MWT) is used to assess the walking ability in a variety of populations.

Distance Traveled: _____ meters

Assistive Device Used: _____

Interpretation

An increased walking distance indicates an improvement in mobility (e.g., post-intervention compared to pre-intervention).

Minimal Detectable Change (MDC)

Lower Limb Amputation: MDC = 34.3 meters or 112.5 feet.

Multiple Sclerosis: MDC = 19.2 meters or 63 feet.

Older Adults: MDC = 12.2 meters or 40.0 feet.

Neurologic: MDC = 16.4 meters or 53.8 feet.

These are published values for specific populations and provide guidance if the patient does not have the listed condition.

Selected References

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