
Six-Minute Walk Test

The Six-Minute Walk Test (6MWT) is a single task outcome measure, widely used in a variety of populations designed to measure walking ability, aerobic capacity, and endurance.

Distance Traveled: _____ meters

Assistive Device(s) Used: _____

Interpretation

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

Minimally Clinically Important Difference (MCID)

Minimal Detectable Change (MDC)

Osteoarthritis: MDC = 61.3 meters or 201.3 feet.

Parkinson's Disease: MDC = 82.0 meters or 269.0 feet.

Spinal Cord Injury: MDC = 45.8 meters or 150.0 feet.

Geriatric: MDC = 85.2 meters or 191.0 feet; MCID = 50.0 meters or 164.0 feet.

Stroke: MDC = 34.4 meters or 112.8 feet; MCID = 34.4 meters or 112.9 feet.

Chronic Obstructive Pulmonary Disease: MDC = 24.0 meters or 177.0 feet; MCID = 54.0 meters or 177.2 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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