10 Meter Walk Test

A test of walking speed as an individual walks over a short distance.

Comfortable Speed: _____ m/s

Maximum Speed: _____ m/s

Assistive Device(s) Used: _____

Assistance Level: _____

Actual Distance Timed: _____ m

Interpretation

Cut-off scores

Stroke:

< 0.4 m/s household ambulators

0.4-0.8 m/s limited community ambulators

> 0.8 m/s community ambulators

Healthy Older Adults:

< 0.7 m/s indicates increased risk of adverse events

Minimally Clinically Important Difference (MCID)

Minimal Detectable Change (MDC)

Geriatrics: MCID = 0.05 m/s (small meaningful change); MCID = 0.13 m/s (substantial meaningful change).

Parkinson's Disease: MDC = 0.18 m/s (Comfortable Speed); MDC = 0.25 m/s (Maximum Speed).

Spinal Cord Injury: MDC = 0.13 m/s; MCID = 0.06 m/s.

Stroke: MCID = 0.16 m/s; MDC = 0.06 m/s (small meaningful change), MDC = 0.14 m/s (substantial meaningful change).

Traumatic Brain Injury: MDC = 0.05 m/s; MCID = 0.15 m/s (Comfortable Speed), MCID = 0.25 m/s (Maximum Speed).

Hip Fracture: MDC = 0.17 m/s.

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

Selected References

1. Perry J, Garrett M, Gronley JK, et al. Classification of walking handicap in the stroke population. *Stroke*. 1995;26(6):982-989.
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3. Perera S, Mody SH, Woodman RC, et al. Meaningful change and responsiveness in common physical performance measures in older adults. *J Am Geriatr Soc*. 2006;54(5):743-749.
4. Watson MJ. Refining the Ten-metre Walking Test for use with neurologically impaired people. *Physiotherapy*. 2002;88(7):386-397. doi:10.1016/S0031-9406(05)61264-3
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