

Wednesday, June 26, 2019

Kate Monthly Walk Tests

Timed Up and Go

Clearly mark a start line and end line 10 feet apart. Place a chair with arms behind the start line. Kate should be seated in the chair with her feet roughly at the start line before the start of the test. **Start timing** when Kate starts to stand, putting her hands on the arms. Kate should walk to the end line, forming an arc a foot or two before the line, and circling back. She doesn't need to cross the line but needs to touch the line. **End timing** when she puts her hands on the chair arms to sit. She should be controlled in sitting, for safety. She should practice using her abdominal muscles to sit and not 'flop'. Note the total time. If time and energy permit complete test twice and average results.

Place the 'death chair' in the dining room under my father's portrait. The strip of wood between the dining room rug and the front entrance rug makes a good end line.

TUG1_____ **TUG2**_____

25-foot walk test

Clearly mark a start 'line' (**START**) and end 'line' (**END**) 25 feet apart. Kate should be standing at **START** before the start of the test. **Start timing** when Kate takes her first step. **End timing** when she reaches **END**. Past results have ranged from 15 seconds to 32 seconds. Note the total time. If time and energy permit complete test twice and average results.

*Start in the kitchen just barely touching the stove on Kate's backside. Walk focused on the far corner of the front entrance. The stove and front door rug work as the **START** and **END**.*

25-foot walk1_____ **25-foot walk2**_____

2-minute walk test

Kate should be standing at **START** before the start of the test. **Start timing** when Kate takes her first step. Give Kate updates on the time approximately every 30 seconds and a 10 second warning at the end. Kate should walk to **END**, forming an arc a foot or two before the line, and circling back. She doesn't need to cross the line but needs to touch the line. She should do as many laps or legs of the 25-foot walk test as she can arcing at each end. Note each touching of the start line. When two minutes have elapsed note the total distance. The past test results have ranged from 132feet (2 laps 1 leg 7 feet) to 214 (4 laps 14 feet). If Kate drags her feet let her know and make a note. Remind her to keep her quality good. Note the total distance

There are 21' between the front entrance rug and the old stairs in the kitchen . Complete laps between the front entrance and stove.

2minute walk_____