

GAIT SPEED - 15 FOOT WALK

IF RESPONDENT IS UNABLE TO WALK, EVEN WITH AN AID SUCH AS A CANE, WALKER, OR LEANING ON A WHEELCHAIR -----> SKIP

‘Now we are going to observe how you normally walk. If you use a cane or other walking aid and would feel more comfortable with it, then you may use it.’

Extend the ruler or tape to the 15 foot length and place it on the floor at the side of an area which offers at least 17 feet and ideally 19 feet of walking space.

‘This is our walking course. I want you to walk to the other end of the course at your usual speed, just as if you were walking down the street to go to the store. I want you to walk all the way past the other end of the rule before you stop. I will walk with you.’

DEMONSTRATE THE WALK FOR THE PARTICIPANT. When I want you to start I will say: ‘Ready, begin.’

HAVE THE PARTICIPANT STAND WITH BOTH FEET TOGETHER AT THE END OF THE RULE.

- WHEN THE PARTICIPANT IS PROPERLY POSITIONED AT STARTING LINE SAY ‘Ready, begin.’
- START STOPWATCH AS THE PARTICIPANT BEGINS WALKING AT THE STARTING LINE, AND STOP TIMING WHEN ONE OF THE PARTICIPANT’S FEET IS ALL THE WAY ACROSS THE END LINE.
- WALK BESIDE THE PARTICIPANT

1) COMPLETED:

1	Yes
2	No -----> SKIP TO 4 BELOW

2) SECONDS TO COMPLETE:

Trial 1:

		.			seconds
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Trial 2:

		.			seconds
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CALCULATING METERS PER SECOND $distance = rate * time$

Participant must have 1 meter/second or less to be eligible for the study. This is equivalent to a time of ≥ 4.572 seconds for the 15 foot walk.

Therefore if patient takes 4.572 seconds or more to complete the walk, he/she is eligible.

Based on:

- Convert feet to meters. 1 foot = 3.28 meters. Therefore, 15 feet = 4.572 meters.
- Therefore, gait speed in meters (or rate) -> $rate = distance / time$
- Therefore, divide 4.572 meters by the time (in seconds) recorded above.
- Example: 4.572 meters \div seconds = _____ meters/second