



Gait Speed

- A speed of less than 1 m/s is a predictor of risk of poor health related outcomes.
- A comfortable speed of faster than 0.57 m/s predicts no need for a PT referral.
- Individuals 6 months post hip fracture have a Minimum Detectable Change of 0.08 m/s for comfortable gait and 0.10 for fast gait.
- A small meaningful change in comfortable gait is 0.05 m/s and a large meaningful change is 0.10 for adults with mobility disability.
- Patients 2-6 weeks post stroke requiring assistance to walk had an MCD90 of 0.07 m/s in comfortable gait.
- Patients 2-6 weeks post stroke who walk without assistance had an MCD90 of 0.36 m/s in comfortable gait.
- Patients 2-6 weeks post stroke using an assistive device to walk had an MCD90 of 0.18 m/s in comfortable gait.

