

Two Minute Walk Test

Objective

The Two/2 Minute Walk Test (2MWT) is a measure of self-paced walking ability and functional capacity^[1], particularly for those who cannot manage the longer Six Minute Walk Test (6MWT)..

INTENDED POPULATION:

The 2MWT has been used in a variety of health conditions including COPD^{[1][2]}, lower limb amputation^[3], neuromuscular disease^[4] in adults as well as pediatric population^[5], cardiac disease^[6], functionally restrictive conditions like cystic fibrosis^[7] and the elderly^[8], including those in long term care^[9].

PROCEDURE:

The 2MWT is a simple measure of the distance a person can walk in two minutes. Rest breaks are allowed if needed. The person is encouraged to walk as fast as they can, safely, for two minutes.

Walking aids can be used as needed e.g. for elderly people with a record made of walking aid used. (If Assistive devices used , they should be kept consistent and documented from test to test.)

EQUIPMENT:

A clear course such as a hallway with cones or similar to mark an approximately 15m "out and back" course^[10], stopwatch, pen and paper or a device to record distance walked and any other observations e.g BORG scale.

INSTRUCTIONS:

Commands "Cover as much ground as possible without running" or "Walk as fast as possible"^[10] and to take a rest break if needed.

The observer then gives encouragement after the first minute with standardized responses: "You're doing well" and "One minute left"^[8].

Responsiveness

Research shows the 2MWT does not discriminate as well as the longer six and 12 minute walk tests in subjects with respiratory disease^[1].

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Population Studied	Minimal Detectable Change (MDC)
Healthy Older Adults (China)	137 feet (42.5 m)
Older Adults (Connely, 2009)	40 feet (12.2 m)
COPD undergoing pulmonary rehab	18 feet (5.5 m)

Mean Distance with Standard Error (Bohannon et al 2017)

Males Age	Mean Distance with Standard Error metres)	Females Age	Mean Distance with Standard Error (metres)
20-29	714 ft (17.7 ft) 217.9 m (5.4m)	20-29	636.8 ft (27.6 ft) 194.1m (8.4m)
30-39	662.7 ft (9.8 ft) 202.1m (3.0m)	30-39	595 ft (5.6 ft) 181.4 (1.7)
40-49	630 ft (8,8 ft) 192.1m (2.7m)	40-49	592.8 ft (34.1 ft) 180.7 (10.4)
50-59	622.7 ft (8.5 ft) 189.8m (2.6m)	50-59	554.7 ft (32.8 ft) 169.1m (10.0m)
60-69	600.4 ft (22.9 ft) 183.0m (7.0m)	60-69	537.0 ft (22.6 ft) 163.7m (6.9m)
70-79	535.1 ft (17.4ft) 163.1m (5.3m)	70-79	493.1 ft (4.2 ft) 150.3 (1.3)
80-85	439 ft (13.1 ft) 134m (4.0m)	80-85	472 ft (13.8 ft) 144m (4.2m)

https://www.physio-pedia.com/2_Minute_Walk_Test

NAME: _____

Date	Score	Notes (device, gt quality, etc.)