

6 Minute-Walk Test

1. Measure distance that minimizes the need to turn around (30 meters with marks every 3 meters)
2. Measure HR, BP, RR, and RPE before beginning test
3. Ask person to walk as far as possible in 6 minutes
4. May use assistive device, including oxygen
5. Person cannot sit during test, but may stop and rest
6. Standard words of encouragement given every minute – “You are doing well, 5 minutes to go”
7. At end, immediately sit and measure HR, BP, and RR after to assess exercise tolerance
8. Measure distance (in meters) upon completion

American Thoracic Society Guidelines

- “The object of this test is to walk as far as possible for 6 minutes. You will walk back and forth in this hallway. Six minutes is a long time to walk, so you will be exerting yourself. You will probably get out of breath or become exhausted. You are permitted to slow down, to stop, and to rest as necessary. You may lean against the wall while resting, but resume walking as soon as you are able. You will be walking back and forth around the cones. You should pivot briskly around the cones and continue back without hesitation. Now I am going to show you. Please watch the way I turn without hesitation.”
- Demonstrate by walking one lap. Walk and pivot briskly around a cone
- “Are you ready to do that? I am going to use this counter to keep track of the number of laps you complete. I will click it each time you turn around this starting line. Remember that the object is to walk as far as possible for 6 minutes, but do not run or jog. Start now, or whenever you are ready.”
- Start the time once patient starts to walk.
- Do not walk with patient (if unsure of balance may walk behind and to the side), do not talk to anyone, only use standard phrases of encouragement.
- When timer is 15 seconds from completion, say: “in a moment, I am going to tell you to stop. When I do, just stop right where you are, and I will come to you.”
- When timer buzzes (rings), say: “Stop.”
- Walk over to the patient and mark spot where stopped (tape, bean bag, etc)
- Determine RPE and if appropriate, Borg dyspnea scale score, and take vital signs (HR,

BP, pulse ox)

- Measure distance (in meters) upon completion

Rikli & Jones

- Walk the 6 minutes as fast as possible

Averages

- 60-69 years for men is 572 m (1876 feet)
- 60-69 years for women is 538 m (1765 feet)

- 70-79 years for men is 527 m (1728 feet)
- 70-79 years for women is 471 m (1545 feet)

- 80-89 years for men is 417 m (1368 feet)
- 80-89 years for women is 392 m (1286 feet)
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Assistive device used? No Yes, describe _____

	Heart Rate	Blood Pressure	Respiratory Rate
Pre-test			
Post-test			
Distance completed (meters)			
Time			
Gait Speed (distance divided by time)	_____ m/sec		