

## 2 Minute Walk Test Instructions

### General Information:

- individual walks without assistance for 2 minutes and the distance is measured
  - start timing when the individual is instructed to “Go”
  - stop timing at 2 minutes
  - assistive devices can be used but should be kept consistent and documented from test to test
  - if physical assistance is required to walk, this should not be performed
  - a measuring wheel is helpful to determine distance walked
- should be performed at the fastest speed possible

### Set-up and equipment:

- ensure the hallway free of obstacles
- stopwatch

### Patient Instructions (derived from references below):

*“Cover as much ground as possible over 2 minutes. Walk continuously if possible, but do not be concerned if you need to slow down or stop to rest. The goal is to feel at the end of the test that more ground could not have been covered in the 2 minutes.”*

Minimal Detectable Change (MDC)
Lower Extremity Amputation: (Resnik & Borgia, 2011, LE Amputation) MDC (calculated) = 34.3 meters or 112.5 feet (90% confidence)
Multiple Sclerosis: (Gijbels et al, 2010, Multiple Sclerosis) MDC = 19.21 meters (95% confidence)
Neurologic: (Rossier & Wade, 2001, Neurologic) MDC (calculated) = 16.4 meters or 53.8 feet (95% confidence)
Older Adults: (Connelly & Thomas, 2009, Older Adults) MDC (calculated) = 12.2 meters or 40 feet (90% confidence)
Stroke: (Hiengkaew et al, 2012, Chronic Stroke) MDC = 13.4 meters (95% confidence) (Gijbels et al, 2011) MDC (calculated) = 21.04 meters (95% confidence)

Normative Data
Multiple Sclerosis: (Gijbels et al, 2010, Multiple Sclerosis) Mean (SD) 2MWT (m) score = 144 (49), range = 92-630 Mean (SD) 2MWT (m) score for mild MS = 173 (31), range = 108-220 Mean (SD) 2MWT (m) score for moderate MS = 104 (41), range = 40-172 (Gijbels et al, 2012, n = 189, mean age = 47 (11) years, European and US sample, cross-sectional multicentre design, Multiple Sclerosis) Mean (SD) gait velocities (m/s) – static start, fastest speed; 1.14 (0.42), range = 0.31 to 2.00 Mild MS (EDSS < 4.0, n = 99) Mean (SD) gait velocities (m/s); 1.39 (0.31), range = 0.58 to 2.00 Moderate MS (EDSS 4.5-6.5, n = 79) Mean (SD) gait velocities (m/s); 0.81 (0.30), range=0.31 to 1.67
Older Adults: (Connelly & Thomas, 2009, Older Adults) Mean (SD) 2MWT for long term care group (LTC); 77.5 (25.6) meters Mean (SD) 2MWT for retirement dwelling older adults; 150.4 (23.1) meters
SCI: (Lemay & Nadeau, 2010; n = 32; mean age = 47.9 (12.8); mean time post lesion 77.2 (44.3) days, SCI) Mean (SD) 2MWT (m) score; 109.3 (48.6), range = 11 to 214 Mean (SD) 2MWT for Paraplegia; 101.3 (50.0), range = 11 to 212 Mean (SD) 2MWT for Tetraplegia; 115.9 (48.0), range = 43 to 214
Stroke: (Gijbels et al, 2011, Chronic Stroke) Mean (SD) 2MWT; 149 (48), range = 30 to 223 meters

## 2 Minute Walk Test

Name: \_\_\_\_\_

Assistive Device and/or Bracing Used: \_\_\_\_\_

Date: \_\_\_\_\_

Distance ambulated in 2 minutes: \_\_\_\_\_

Date: \_\_\_\_\_

Distance ambulated in 2 minutes: \_\_\_\_\_

Date: \_\_\_\_\_

Distance ambulated in 2 minutes: \_\_\_\_\_

Date: \_\_\_\_\_

Distance ambulated in 2 minutes: \_\_\_\_\_