

Gait speed test

Name :

Assessed by :

Date :

Average gait speed of longer than 5 seconds to walk 4 meters is an indication of frailty. The test can be performed with any patient able to walk 4 metres using the guidelines below.

1. Accompany the patient to the designated area, which should be well-lit, unobstructed, and contain clearly indicated markings at 0 and 4 meter.
2. Position the patient with his/her feet behind and just touching the 0-meter start line.
3. Instruct the patient to "Walk at your comfortable pace" until a few steps past the 4-meter mark (the patient should not start to slow down before the 4-meter mark).
4. Begin each trial on the word "Go".
5. Start the timer with the first footfall after the 0-meter line.
6. Stop the timer with the first footfall after the 4-meter line.
7. Repeat three times, allowing sufficient time for recuperation between trials.

Time taken to walk 4 meters :