



6 Minute Walk Test (6 MWT)

Description: The 6 Minute Walk Test is a measure of endurance.

Equipment: Stopwatch, rolling tape measure, long hallway or loop walkway

Patient Instructions: "I am going to measure how far you can walk in 6 minutes. When I say 'go', I want you to walk around the hallway (track) for 6 minutes. Keep walking until I say 'stop' or until you are too tired to go any further. If you need to rest, you can stop until you feel ready to go again. You may also lean against the wall if necessary, but you should resume walking as soon as you are able. Remember that the object is to walk AS FAR AS POSSIBLE for 6 minutes, but don't run or jog. I will let you know at 2 minutes, 4 minutes, and when you have one minute left. You can begin when I say 'go'."

Therapist Instructions: Time the subject for 6 minutes, then say "stop." Measure the distance walked.

STOP testing based on the following criteria:

1. C/o angina symptoms (chest pain or tightness)
2. Any of the following symptoms
 - Light-headedness
 - Confusion
 - Ataxia, staggering unsteadiness
 - Pallor
 - Cyanosis
 - Nausea
 - Marked dyspnea
 - Unusual fatigue
 - Signs of peripheral circulatory insufficiency
 - Claudication or other significant pain
 - Facial expressions signifying distress
3. Abnormal cardiac responses
 - Systolic BP drops > 10 mmHg
 - Systolic BP rises to >250 mmHg
 - Diastolic BP rises to > 120 mmHg
 - Heart rate drops more than 15 beats per minute (given the subject was walking the last minutes of the test versus resting)

** Please notify the physician if the test is terminated for any of these reasons*

Age Matched Norms:

6 Minute Walk test	Age in years	Distance in feet	
		Men	Women
	60-64	1830-2205	1635-1980
	65-69	1680-2100	1500-1905
	70-74	1635-2040	1440-1845
	75-79	1410-1920	1290-1755
	80-84	1335-1885	1155-1620
	85-89	1401-1710	1020-1530
	90-94	915-1500	825-1320

1. American Thoracic Society (2002). ATS Statement: Guidelines for the Six-Minute Walk Test. American Journal of Respiratory Critical Care Medicine, 166, 111-117.
2. Rikli, Roberta, and C. Jessie Jones. *Senior Fitness Test Manual*. Human Kinetics, 2001. Print.