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."

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: _____

References:

Butland RJ, Pang J, Gross ER, Woodcock AA, Geddes DM. Two-, six-, and 12-minute walking tests in respiratory disease. *Br Med J (Clin Res Ed).* 1982 May 29;284(6329):1607-8.

McGavin CR, Gupta SP, McHardy GJ. Twelve-minute walking test for assessing disability in chronic bronchitis. *Br Med J. 1976;* 3;1(6013):822-3.

Rossier P, Wade DT. Validity and reliability comparison of 4 mobility measures in patients presenting with neurologic impairment. *Arch Phys Med Rehabil.* 2001;82(1):9-13.