



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

Subject Code: \_\_\_\_\_

## 6 Minute Walk Test

### Protocol:

Set up a course of known distance within the research facility. Instruct subjects to walk along the specifically defined course. Take **Blood Pressure** and **Heart rate** before and right after the test.

Read the following instructions to the subject before the start of the test:

"I would like for you to walk as far as you can in 6 minutes, if you feel tired, you can take a short break at any time."

Rest HR: \_\_\_\_\_ ; Rest BP: \_\_\_\_\_ / \_\_\_\_\_  
Peak HR: \_\_\_\_\_ ; Peak BP: \_\_\_\_\_ / \_\_\_\_\_

- Assistive device used during this test:

0 = None

1 = Cane ( quadric cane;  regular cane)

2 = Crutch ( one side;  both side)

3 = Walker ( wheeled;  regular)

4 = Brace (AFO or others: \_\_\_\_\_)

- Completed without a break : 0 = No; 1 = Yes

6 Minute Walk Test: \_\_\_\_\_ meters