

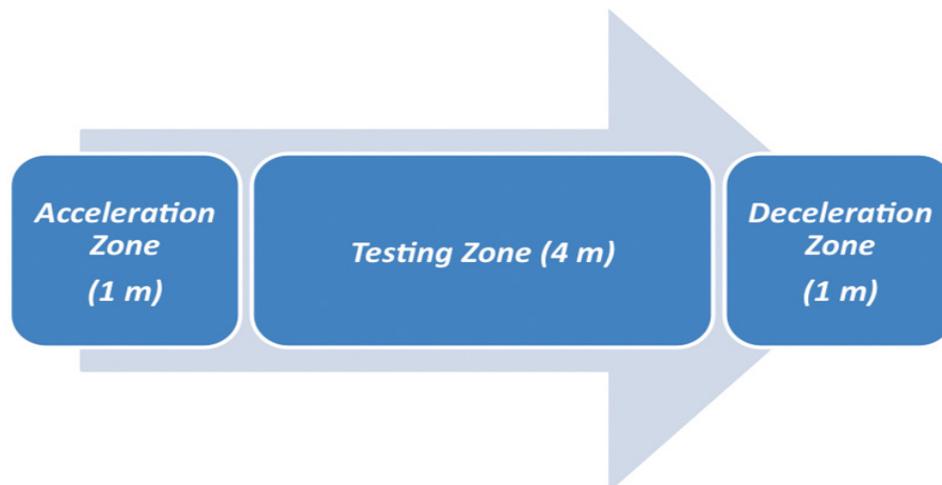


Gait Speed Test (4-metre)

► Instructions:

The test can be performed with any patient able to walk 4 metres using the instructions below:

1. Instruct the patient to walk at their normal pace. Patients may use an assistive device, if needed.
2. Ask the patient to walk down a hallway through a 1-metre zone for acceleration, a central 4-metre “testing” zone, and a 1-metre zone for deceleration (the patient should not start to slow down before the 4-metre mark).
3. Start the timer with the first footfall after the 0-metre line.
4. Stop the timer with the first footfall after the 4-metre line.



Time taken to walk 4 meters:
Gait speed in metres per second:

SCORING: Gait speed of longer than 5 seconds to walk 4 metres (<0.8 m/s) suggests an increased risk of frailty and the need for further clinical review.

Instructions adapted from:

- Braden H. Self-selected gait speed: A critical clinical outcome. Lower Extremity Review [Internet]. 2012 Nov [cited 2017 Apr 7]. Available from: <http://lermagazine.com/article/self-selected-gait-speed-a-critical-clinical-outcome>
- CGA Toolkit [Internet]. Gait Speed Test. Resources for the Comprehensive Geriatric Assessment based Proactive and Personalised Primary Care of the Elderly. Available from: <http://www.cgakit.com/fr-1-gait-speed-test>