

Attachment 35

Locomotion 4 Meter Walk Test

Name of test: Locomotion 4 Meter Walk Test
Estimated time burden: 3 minutes

Materials:

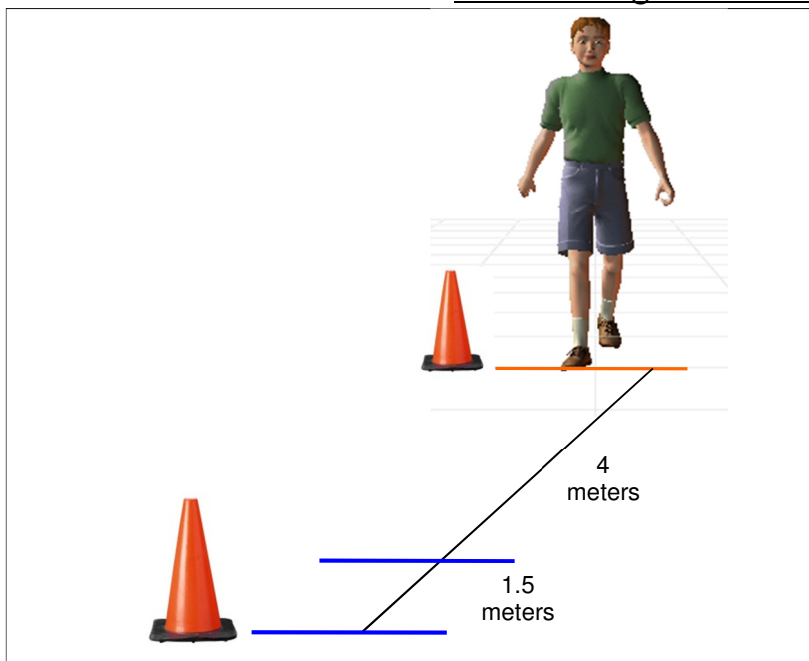
Stopwatch
Measuring tape with meters
Two cones
Marker tape
Record sheet & clipboard

Description:

This measure of locomotion is administered in an open hallway using the same path as the 2-minute walk. It is administered two times: once at normal pace and once as fast as the participant feels comfortable walking. Each trial has a practice preceding it.

Set-up:

Before the participant arrives and using the path marked out for the 2-minute walk, put a piece of marker tape perpendicular to the course at a line 1.5 meters past the 4-meter line. Place a cone at the start line and at the line 5.5 meters from the start line. See the diagram below:



Public reporting burden for this collection of information is estimated to average 2 1/2 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-xxxx*) EXP: (xx/xxxx). Do not return the completed form to this address.

Administration Instructions:

As the participant walks to the walking course observe how they walk normally. If they use a cane or other walking device and feel they need it for the walking test, they may use it.

Condition 1: Normal Pace

The examiner should show the participant the walking course and say: “This activity involves walking from one place to another. This is our walking course (point to the course). I want you to walk to the other end of the course at your usual speed, just as if you were walking down the street to go to the store. ”

As the examiner demonstrates the walk, explain: “Let me show you what I want you to do. Put both your feet together behind this line. Walk all the way past the cone on the other end before you stop. 3, 2,1, Go!”

After the examiner returns, have the participant stand with both feet touching the start line and say: “When I want you to start, I will say: “3, 2, 1, go. Do you have any questions?”

Say: “Now you try. Remember to walk at your usual speed and keep walking until you pass the cone. Ready? 3, 2, 1, Go!” When the participant passes the cone, say: “That’s good. Do you have any questions?” (The examiner should answer any questions the participant may ask.)

Say: “This time, I am going to time you when you walk at your usual speed. Are you ready? 3, 2, 1, Go!”

Begin timing when the first footfall passes the start line; stop timing when the first footfall passes the finish line (the line at 4 meters – not the line at 5.5 meters). The examiner should walk behind and to the side of the participant. If the participant stumbles or tries to run, void that trial and ask the participant to do a second trial.

Record the data on the record form and later transfer to the computer data entry forms. Have the participant rest on a chair for at least one minute between conditions.

Condition 2: Quick Pace

The examiner says: “This time when I say ‘Go’, I want you to walk as quickly as you can without running or hurting yourself from this line (point to the starting line) until you pass the cone at the other end.”

The examiner demonstrates the task, saying: “I am going to show you how to do this. I’ll say ‘3, 2, 1, Go!’ Once I say ‘Go!’ I will start walking as quickly as I can until I pass the cone. See that I am walking as quickly as I can

without running or hurting myself. I keep walking until I pass the cone and do not slow down until I pass the cone. 3, 2, 1, Go! The examiner should demonstrate the fast walking.

Say: "Notice, I walked as quickly as I could until I passed the cone."

Say: "Now you try. Remember to walk as quickly as you can without running or hurting yourself. Keep walking until you pass the cone and do not slow down until you pass the cone. Ready? 3, 2, 1, Go!" When the participant passes the cone, say: "That's good. Do you have any questions?" (The examiner should answer any questions the participant may ask.)

The examiner should say: "This time, I'm going to time you. Stand behind the line. Remember, when I say 'Go!' walk as fast as you can without running or hurting yourself until you pass the cone at the other end. Ready? 3, 2, 1, Go!"

Begin timing when the first footfall passes the start line; stop timing when the first footfall passes the finish line (the line at 4 meters – not the line at 5.5 meters). The examiner should walk behind and to the side of the participant. If the participant stumbles or tries to run, void that trial and ask the participant to do a second trial.

Record the data on the record form and later transfer to the computer data entry forms.

Have the participant rest on a chair for at least one minute before the next task.