The purpose of the 4 meter walk test is to assess gait speed.

PATIENT POPULATION

The 4 meter walk test is typically utilized for the older adult population to assess risk for falls, safe ambulation, and other health outcome measures.

HOW TO RUN THE TEST

- Measure out a 4 meter distance
- Instruct the patient to walk at their normal/comfortable pace
- Time the patient as they walk the 4 meter distance using a stopwatch

EQUIPMENT NEEDED

- Stopwatch/timer to record the time it takes the patient
- Open hallway or space for the patient to walk the required distance

UNITS OF MEASURE

Distance: 4 meters
Time: Recorded in seconds and dependent on the patient speed
Recorded: Meters/Second

PROS:

- Easy to use walk test that is great for re-testing measures
- Gait speed is a vital measurement
- Can help predict other health outcome measures

SAFETY CONCERNS

- Patient is a falls risk
- Floor is uneven
- Patient has balance issues (may use an assistant device)
- Patient does not have proper foot wear

REFERENCES