**Six Minute Walk Test**

**Purpose**
- To assess:
  - Endurance capacity
  - Cardiopulmonary fitness
  - Survival
  - Functional activity tolerance and threshold
  - Gait speed
  - Overall mobility

**Patient Population**
- Geriatrics
- Pediatrics
- Neurological Conditions:
  - Alzheimer’s Disease
  - Parkinson’s Disease
  - Multiple Sclerosis
  - Spinal Cord Injuries
  - Stroke
  - Musculoskeletal Disorders

**Procedure**
- Equipment:
  - Stopwatch
  - Rolling measurement wheel
  - 2 cones

- Demonstration:
  - Set up two cones 20 meters apart
  - Walk down and back circling around the cones
  - Count each successful walk to the cones

- Explanation:
  - “Cover as much ground as safely as possible walking down and back around the cones for a maximum of 6 minutes.”

**Mean Distance by Age and Gender**

- **60-69 years:**
  - Men: 572 meters
  - Women: 538 meters

- **70-79 years:**
  - Men: 572 meters
  - Women: 471 meters

- **80-89 years:**
  - Men: 417 meters
  - Women: 392 meters

**Safety Considerations**
- Assistive devices
  - Shoes
  - Surface of floor
  - Fatigue
    - Patient may terminate assessment at any point

- Appropriate guarding
- Vitals