

10-Meter Walk Test

Client Profile			
Name:		Age:	Gender:
Height:		Weight:	
Activity level:	Medical conditions:		
Goals:			
10-Meter Walk Test			
Equipment needed:			
Instructions: The client will be asked to walk as quickly as possible along a 10-meter course. The client will start walking when the tester says, "go," and the tester will stop the stopwatch when the client crosses the finish line. The client should be allowed to practice walking the course once before the test.			
Trial 1	Trial 2	Best Score Time (seconds)	Average speed

Interpretation:

Scoring: Record the best of two trials to the nearest 0.1 seconds. The score is the time taken for the client to complete the 10-meter course.

Age Range	Excellent	Good	Average	Fair	Poor
20-29 (Male)	> 2.15 m/s	1.80-2.15 m/s	1.60-1.79 m/s	1.40-1.59 m/s	< 1.40 m/s
20-29 (Female)	> 2.00 m/s	1.70-2.00 m/s	1.50-1.69 m/s	1.30-1.49 m/s	< 1.30 m/s
30-39 (Male)	> 2.10 m/s	1.75-2.10 m/s	1.55-1.74 m/s	1.35-1.54 m/s	< 1.35 m/s
30-39 (Female)	> 1.95 m/s	1.65-1.95 m/s	1.45-1.64 m/s	1.25-1.44 m/s	< 1.25 m/s
40-49 (Male)	> 2.05 m/s	1.70-2.05 m/s	1.50-1.69 m/s	1.30-1.49 m/s	< 1.30 m/s
40-49 (Female)	> 1.90 m/s	1.60-1.90 m/s	1.40-1.59 m/s	1.20-1.39 m/s	< 1.20 m/s
50-59 (Male)	> 2.00 m/s	1.65-2.00 m/s	1.45-1.64 m/s	1.25-1.44 m/s	< 1.25 m/s
50-59 (Female)	> 1.85 m/s	1.55-1.85 m/s	1.35-1.54 m/s	1.15-1.34 m/s	< 1.15 m/s
60-69 (Male)	> 1.85 m/s	1.55-1.85 m/s	1.35-1.54 m/s	1.15-1.34 m/s	< 1.15 m/s
60-69 (Female)	> 1.70 m/s	1.40-1.70 m/s	1.20-1.39 m/s	1.00-1.19 m/s	< 1.00 m/s
70-79 (Male)	> 1.60 m/s	1.30-1.60 m/s	1.10-1.29 m/s	0.90-1.09 m/s	< 0.90 m/s
70-79 (Female)	> 1.45 m/s	1.20-1.45 m/s	1.00-1.19 m/s	0.80-0.99 m/s	< 0.80 m/s
80-89 (Male)	> 1.25 m/s	1.00-1.25 m/s	0.75-0.99 m/s	< 0.75 m/s	
80-89 (Female)	> 1.10 m/s	0.90-1.10 m/s	0.70-0.89 m/s	< 0.70 m/s	

Note: These values are based on a systematic review of normative values for the 10-meter walk test in healthy individuals. It's important to keep in mind that other factors, such as height, weight, and underlying health conditions, can also affect an individual's performance on the test. A trained healthcare professional should interpret the results and make appropriate recommendations for treatment or further evaluation.