

6 minute Walk Test (6MWT)**Performance Measure**

Considerations	
Which type of TJA is it appropriate for?	THA and TKA
What part of the TJA continuum is it appropriate for?	Pre-op Post-acute Active Living
What domain(s) does it measure within the ICF?	Activity
Who completes it?	Patient and clinician
What does it measure?	Submaximal aerobic capacity and ability to walk over longer distances ¹⁻²
What equipment is required?	30 metre pre-measured walking area with interval markings every 3 meters, cones or brightly colored tape to mark boundaries, stop watch or timer, chairs for rest at each end, usual walking aid ¹⁻²
How long does it take?	~ 10 mins to complete and score
How do I do it?	Instructions available at: www.oarsi.org/research/physical-performance-measures www.thoracic.org/statements/resources/pfet/sixminute.pdf
How good is it?	Validity: Construct – good to excellent for O ₂ consumption post-TKA ² ; Concurrent – excellent, highly correlated with 30 minute walk test post-TKA ³ Reliability: Test-retest – excellent for THA and TKA ^{2,4-6} Responsiveness: Able to detect initial deterioration and then improvement in early post-op THA and TKA and most responsive performance measure post PT intervention for knee OA ² and post-TKA ⁷ Floor/ceiling effects: Not established ^{4,8,9} but possible ceiling effects for people with normal or high exercise capacities ²
How is it scored?	Total distance walked in 6 minutes (meters to the nearest m)
What do the results mean?	Greater distance = better performance For healthy Caucasians aged 45-85 years, avg distance men = 682 m; females= 643 m ^{2,8} Normative data available at: www.rehabmeasures.org/Lists/RehabMeasures/PrintView.aspx?ID=895 MDC: 61.34 m for THA and TKA ⁴ MCID: Small MCID of 20 m and substantial MCID of 50 m for

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	community-dwelling elders ²
Where can I get it?	www.thoracic.org/statements/resources/pfet/sixminute.pdf www.rehabmeasures.org/default.aspx Multiple language versions available

References

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