

Gait Speed: 10 Metres**Performance Measure**

Also known as 10 Metre walk test (self-selected pace; 10 metres measured over a 14 metre total distance), Gait Velocity

Considerations	
Which type of TJA is it appropriate for?	THA and TKA
What part of the TJA continuum is it appropriate for?	Pre-op Acute Post-acute Active Living
What domain(s) does it measure within the ICF?	Activity
Who completes it?	Patient and clinician
What does it measure?	Gait speed (velocity)
What equipment is required?	14 metre walkway, brightly coloured tape to mark boundaries, 2 chairs, stop watch or timer, usual walking aid
How long does it take?	~ 5 mins to complete and score
How do I do it?	Instructions available at: ptjournal.apta.org/content/suppl/2010/01/26/90.2.196.DC1/eAppendix_Tilson.pdf
How good is it?	Validity: Construct - good with 6MWT; Fair - with LE strength ¹ Reliability: Test-retest - excellent with healthy adults ² Responsiveness: Slower and normal gait speeds may be more responsive than faster with knee OA ³ Floor/ceiling effects: Not established in TJA
How is it scored?	Time taken to walk 10 metres (to the nearest 100 th second)
What do the results mean?	Faster time = better performance MDC = 0.13 m/sec ⁴ MCID = 0.10 - 0.18 m/sec ⁴ (older adults mean age 74 yrs in a rehabilitation setting) Normative values are available for older adults ²
Where can I get it?	ptjournal.apta.org/content/suppl/2010/01/26/90.2.196.DC1/eAppendix_Tilson.pdf

References

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3. Borjesson M, Weidenhielm L et al. Tests of walking ability at different speeds in patients with knee osteoarthritis. *Phys Res Intern.* 2007;12(2):115-21.
4. Barthuly AM, Bohannon RW, Gorack W. Gait speed is a responsive measure of physical performance for patients undergoing short-term rehabilitation. *Gait Posture.* 2012;36(1):61-64.