

GST-4

Gait Speed Test (4 metre)

Purpose : Simple assessment of functional mobility

Admin time : 5 min

User Friendly : High

Administered by : Healthcare professional

Content : Instructions for the timing of a 4 meter walk. Interpretation guideline.

Author : -

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<https://www.cgakit.com/fr-1-gait-speed-test>

GST-4

Gait Speed Test (4 metre)

Name

d.o.b.

Tested by

Date tested

Time

(to walk 4 metres) in seconds

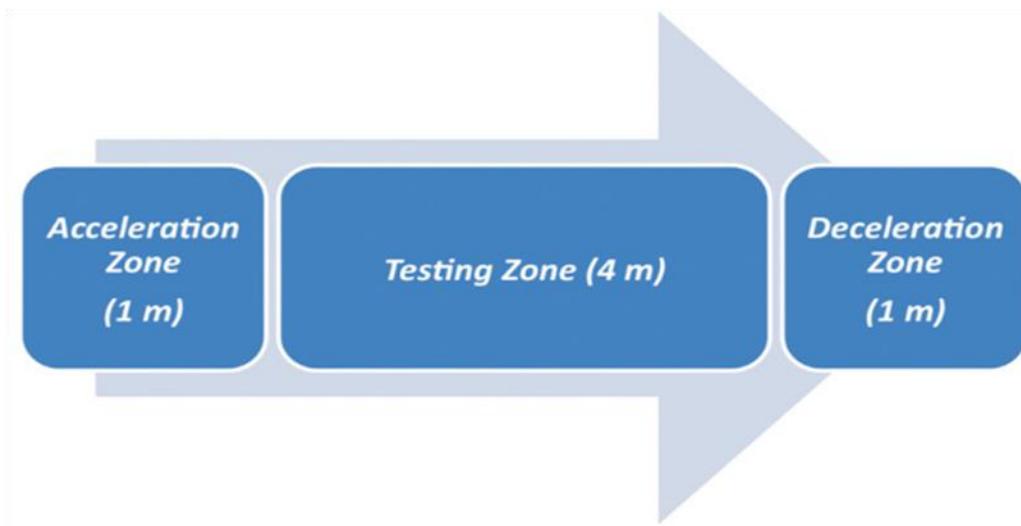
Gait Speed

(metres per second)

Instructions :

The test can be performed with any patient able to walk 4 metres using the instructions below:

1. Instruct the patient to walk at their normal pace. Patients may use an assistive device, if needed.
2. Ask the patient to walk down a hallway through a 1-metre zone for acceleration, a central 4-metre "testing" zone, and a 1-metre zone for deceleration (the patient should not start to slow down before the 4-metre mark).
3. Start the timer with the first footfall after the 0-metre line.
4. Stop the timer with the first footfall after the 4-metre line.



Scoring :

The equation for gait speed is: **total distance / time**.

For example, if it took 5 seconds to walk 4 metres, the equation for gait speed would be :

4 meters / 5 seconds = 0.8 meters per second.

A Gait Speed of 0,8 m/s or less is considered abnormal.

Individuals with a gait speed of 0,8 m/s or less require further assessment.