

6 Minute Walk Test

What's the purpose?

The 6 Minute Walk Test measures how far you can walk in 6 minutes. It is used to evaluate walking endurance and aerobic capacity. It can also be used to track changes in endurance and aerobic capacity in response to treatment or therapy.

What do I have to do?

Your therapist will set up a course for you to walk. It will include two markers approximately 40 feet apart, and a chair for you to sit in at one of the markers. You will begin by sitting in the chair. When your therapist says go, you will walk back and forth between the markers for 6 minutes.

The timer will not be stopped during rests or breaks. You are allowed to slow down or stop (but not sit) if necessary. You should try to walk as far as possible in 6 minutes. Your therapist will calculate your total distance walked. Assistive devices, such as canes, walkers, orthotics or braces can be used.



What does my score mean?

The score is the distance you walk in 6 minutes. Generally, for healthy adults without mobility problems, the typical score is between 1,311 and 2,295 feet. Higher scores indicate better endurance and exercise tolerance. Age, sex, underlying health conditions and mobility limitations can impact your score.

Talk to your therapist about what your particular score means.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802