



# Six Minute Walk Test

mcroberts

Project:  
Subject:  
Visit:  
Measurement:  
Trajectory length: **10 m**

Age: **71**  
Height: **166 cm**  
Weight: **114 kg**  
Gender: **Female**

MT version: **0.226**  
Date of analysis:  
Request ID:  
Device:

## SUMMARY

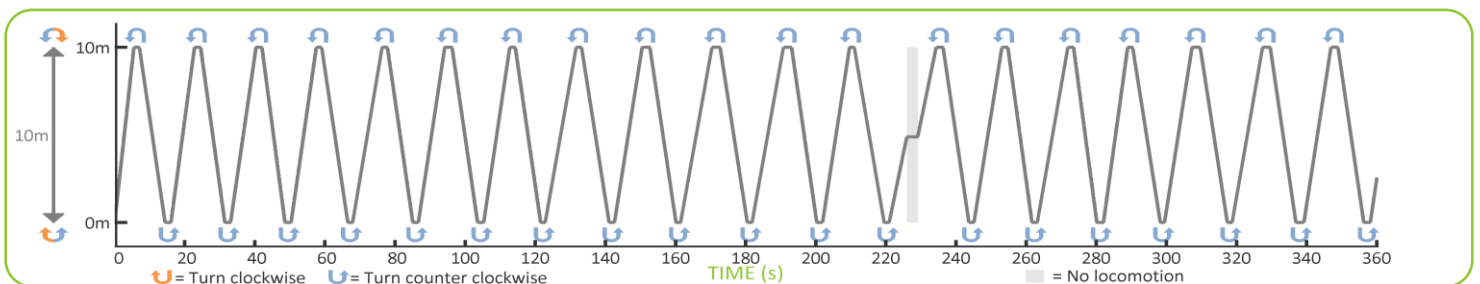
| CHARACTERISTICS             | MEAN (SD)     |
|-----------------------------|---------------|
| Walked distance (m)         | <b>382.57</b> |
| Number of trajectories (n)  | 38            |
| Number of stops (n)         | 1             |
| Total duration of stops (s) | 3.11          |
| Walking speed (km/h)        | 4.77 (0.52)   |
| Step frequency (Hz)         | 1.98 (0.05)   |
| Step length (m)             | 0.67 (0.07)   |

## NORM REFERENCE

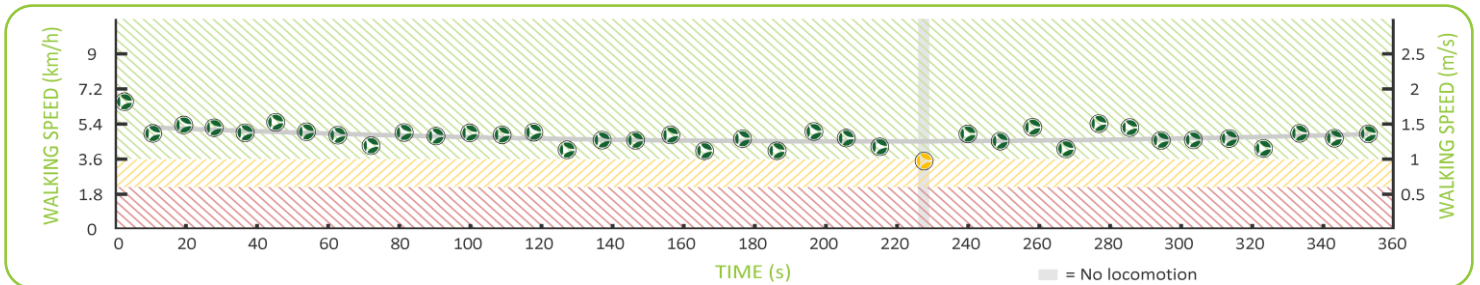
| NORM REFERENCE             | NORM DISTANCE (m) | LOWER LIMIT |       | WALKED DISTANCE (%)* |
|----------------------------|-------------------|-------------|-------|----------------------|
|                            |                   | (m)         | (%)*  |                      |
| P. Enright et al. (1998)   | 345.82            | 206.82      | 59.81 | <b>110.63</b>        |
| P. Enright et al. (2003)   | 375.88            | 275.88      | 73.40 | <b>101.78</b>        |
| A. Chetta et al. (2006)    | 487.35            | N/A         | N/A   | <b>78.50</b>         |
| T. Troosters et al. (1999) | 488.32            | 400.42      | 82.00 | <b>78.34</b>         |
| J. Gibbons et al. (2001)   | 581.81            | N/A         | N/A   | <b>65.75</b>         |
| E. Beekman et al. (2014)   | 418.14            | 299.14      | 71.54 | <b>91.49</b>         |

Achieved norm distance    
 Achieved lower limit    
 Not achieved

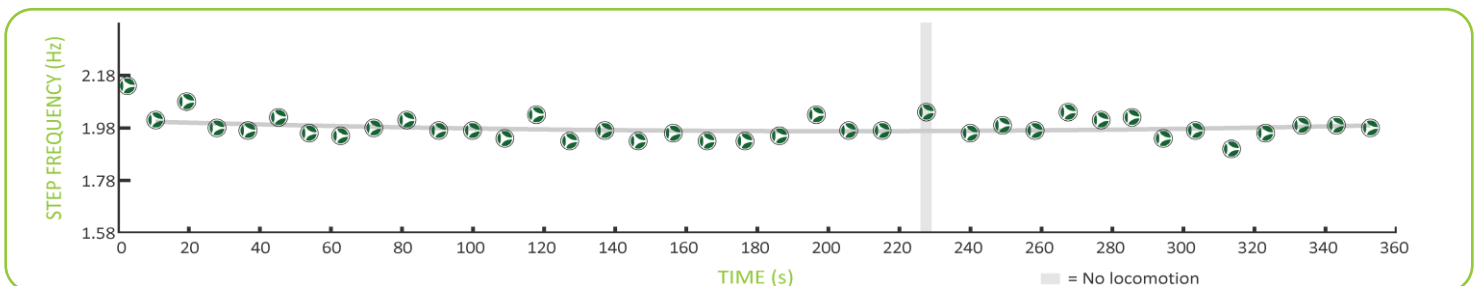
## WALKING TRAJECTORY



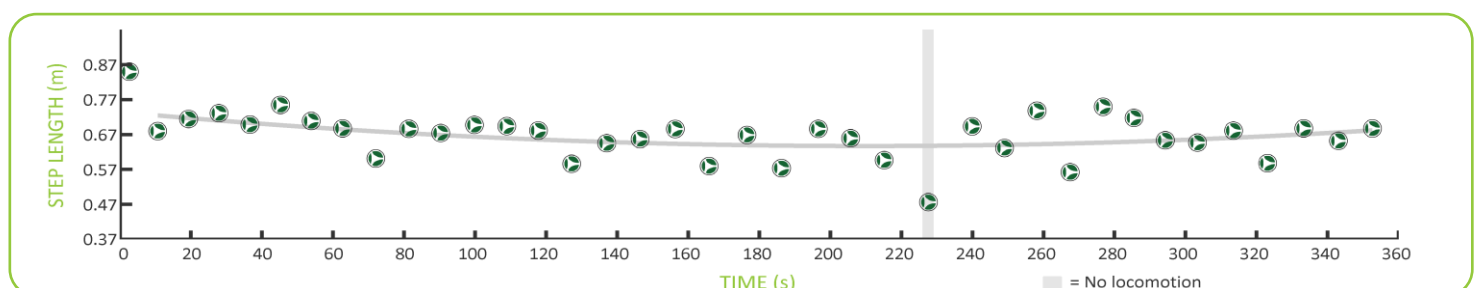
## WALKING VELOCITY \*\*



## STEP FREQUENCY



## STEP LENGTH



\* Distance expressed as a percentage of norm distance

\*\* White paper: "Walking speed: the sixth vital sign". Stacy Fritz, Michelle Lusardi. J Geriatr Phys Ther. 2009; 32(2): 46-49.