

400 Meter Walk Script

Description of the 400 meter walk:

Now I would like to observe how you normally walk. You will be walking 10 complete laps around the course, which corresponds to about $\frac{1}{4}$ mile. I would like you to walk at your usual pace and without overexerting yourself.

During this test, I will ask you to rate how hard you feel you are working. When I ask you to rate how hard you are working during the walk, I want you to think about the total feeling of exertion in your overall body, including your breathing and muscles. At the end of lap 4, while you continue walking, I will ask you how hard you are working.

After you have completed all 10 laps, I will tell you to stop, and again ask you how hard you were working during the test on a scale from 6 to 20 (*Show the participant the BORG Scale in Appendix C*), where 6 represents no exertion at all and 20 represents maximal exertion. After the walk, I will also measure your heart rate.

If you develop chest pain, significant shortness of breath, or are too uncomfortable to continue, please stop walking and tell me. If you need to, you may stand in place and rest for a few moments, but you may not lean against the wall or any other surface.

If participant uses a cane or other assistive device: "I would like you to attempt this test without your cane (or other assistive device)."

Do you feel it would be safe to try to walk up and down this hallway 10 times?

If yes, continue with the test.

If no and the participant brought a single straight cane to the clinic, **Do you feel it would be safe if you could use your cane?** *NOTE that only a single straight cane may be used to complete the test; a walker or any other assistive device may not be used.*

If yes, continue with the test.

If no, move onto the next measure and mark the reason the 400 m walk wasn't administered.

Demonstration

"I will demonstrate 1 lap." After completing demonstration, ask: **"Do you have any questions?"**
When participant indicates they feel ready to begin, the test may proceed:

Start of the 400 meter walk

"I will walk behind you, when I say 'GO", start walking at a comfortable pace you can maintain. Ready, Go."

Start the stop watch when the participant takes their first step.