Gait Speed Test (4-metre)

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.

Time taken to walk 4 meters:

Gait speed in metres per second:

SCORING: Gait speed of longer than 5 seconds to walk 4 metres (<0.8 m/s) suggests an increased risk of frailty and the need for further clinical review.

Instructions adapted from: