

Rapid Pace Walk Test

Step 1	Use a measuring tape to mark a 10-foot (~ 3 metres) path on the floor.
Step 2	<p>As quickly as they can, ask you patient/client to:</p> <ul style="list-style-type: none">• walk to the end of the path,• turn at the end, and• walk back to the starting point. <p>If they normally use a walker or cane, they can use it during the test. The walking distance is a total of 20 feet (~ 6 metres).</p>
Step 3	<ul style="list-style-type: none">• Start timing your patient/client as soon as they pick up their first foot.• Stop timing once their last foot crosses the starting point.

A score of higher than nine seconds is associated with an increased risk of an at-fault vehicle collision.

Pomidor A, ed. Clinician's Guide to Assessing and Counseling Older Drivers, 4th Edition. New York: The American Geriatrics Society; 2019.