



Walking Tests for School PT's

- **TUG-** This measures the time it takes to move from seated to standing position and walk 3 meters turn around again and sit back into the same seat.
- **TFTS-** This measures the time it takes to get up from the floor, walk 3 meters, and then return back to the same spot and sit down.
- **Dynamic Gait Index-** Evaluates walking ability while performing different tasks or gait demands
- **30-second Walk Test (30sWT)-** This measures the amount of distance walked in 30 seconds.
- **50-foot Walk Test (50fWT)-** This provides 2 measures; amount of time it takes to walk 50 feet and the maximum amount of time it takes to walk 50 feet that is acceptable to teachers/staff.
- **Energy Expenditure Index (EEI)-** This measures the energy cost of efficiency of walking at a comfortable speed or quickly for 2-3 minutes.
- **6-Minute Walk Test-** This endurance test measures how far a student walks in 6 minutes.
- **Perceived Exertion Scales-** These pictorial scales help seek the child's perception of how much effort is used to complete a task.
- **Functional Mobility Scale (FMS)-** This test qualifies the use of assistive devices for 3 distances; home(50m), school(50m), and community (500m).
- **Timed Up & Down Stairs (TUDS)-** This measures the time it takes to get up 1 flight of stairs, turn around and then descend that same flight of stairs.

For more information you can go to [www. seekfreaks.com](http://www.seekfreaks.com)