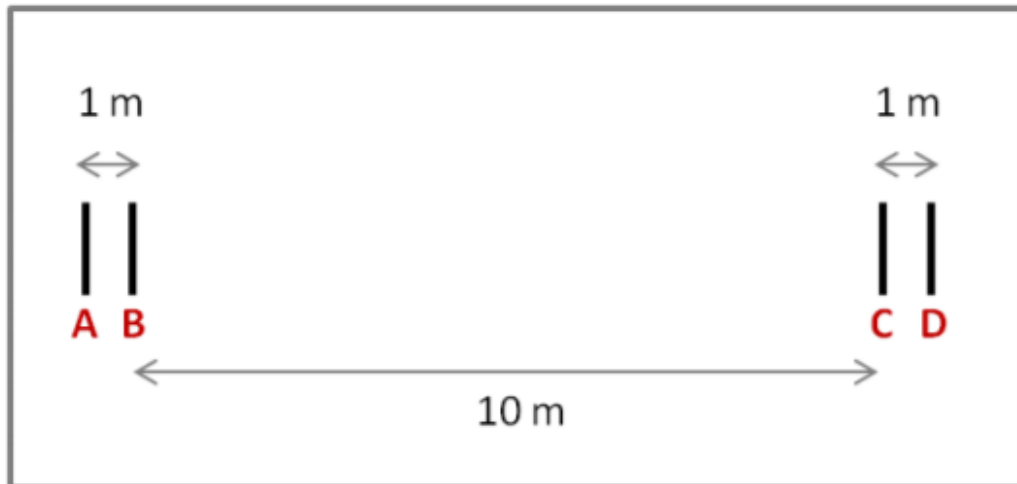




10m walking speed test protocol

- Before every 10m walk, ask the patient to walk 'briskly but safely' to the far black line.
- Ask the patient to walk to the start line with the stimulator OFF.
- Ask the patient to start at line A and finish at line D (see figure below).



- Press start on the timer when the first part of the foot crosses line B, and stop when the first part of the foot crosses line C.
- Time to 1 rounded decimal place on the stopwatch.
- Do four walks in total with the patient wherever possible;
 - Walk 1 – Without FES – Warm-up
 - Walk 2 – Without FES
 - Walk 3 – With FES
 - Walk 4 – Without FES – carry over effect
- Ensure that you walk with the patient side-by-side at a similar speed and in particular be in line with the start and finish lines (B and C) as they cross it. Avoid anything distracting to the patient during the test where possible.
- If there is a problem or patient stops whilst performing a 10m walk, re-do that test and make a note of what happened.
- Calculate the walking speed (= 10m/time in seconds) to 2 decimal places.
- See the following document regarding the reported outcome measures following the walking speed tests.