

## The Six Minute Walk Test – 6MWT

The Six Minute Walk Test (6MWT) is an objective evaluation of functional capacity, which has been demonstrated to be accurate, reproducible, simple to administer and well-tolerated. Relevance to neuromuscular diseases has been established. Guidelines exist to standardise the performance of the 6MWT with adaptations and standard reference values described for use in children.

**Instructions:** The *Criteria* requires documentation of the distance walked in 6 minutes using a standardised methodology. For methodological instructions please see the American Thoracic Society **ATS Statement: Guidelines for the Six-Minute Walk Test**

<https://www.thoracic.org/statements/resources/pfet/sixminute.pdf> 

Detailed instructions are available in:

ATS Statement (2002): Guidelines for the Six-Minute Walk Test. *Am J Respir Crit Care Med* 166:111