

FIGURE-of-8 WALK TEST (F8W)

DIRECTIONS:

Starting Position: Patient standing at center .75 inch dot adjacent to 12'6" position marking on the MAT facing the Four Square Step Test end of the MAT.

Place 2 orange cones 9" in height at the center .75 inch dot adjacent 10' and 15' position markings on the MAT 21 feet length.

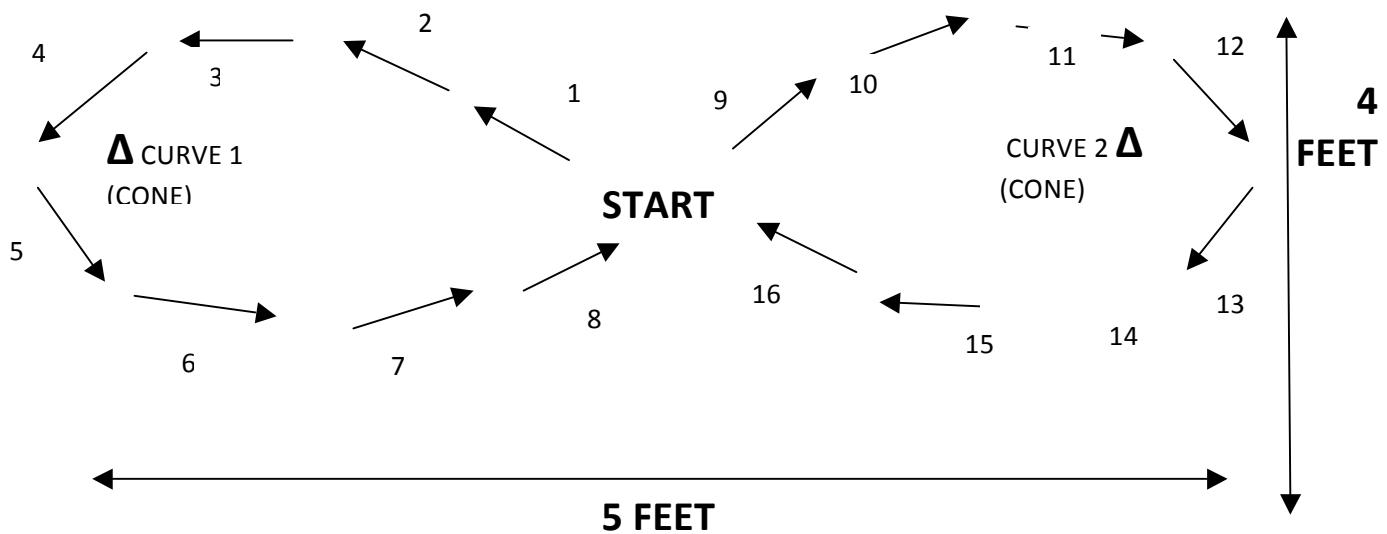
1. Instruct patient to walk around on the outside of the first cone at their usual walking pace.
2. Continue walking back to the starting position and proceed to walk around the outside of the second cone at their usual walking pace.
3. Patient stops upon returning to the starting position.

Evaluator: Records time to complete the figure-of-8 and number of steps taken by the patient.

Normal Range: F8W mean times reported was 10.49 seconds
F8W mean number of steps reported was 17.51

Reference: Hess, RJ, Brach, JS, Piva, SR, VanSwearingen, JM, Walking skills can be assessed in older adults with validity of the figure-of-8 walk test. *Phys Ther.* 2010; 90: 89-99.





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