## Appendix 3: Timed 10-Meter Walk Test (Tilson, et. al. 2010)

**General Information:**

The individual walks with their required level of assistance for 14 meters (32.8 feet). The time taken to walk the middle 10 meters (19.7 feet) is measured to allow for acceleration and deceleration

* Start timing when the toes of the leading foot cross the 2-meter mark.
* Stop timing when the toes of the leading foot cross the 12-meter mark.
* If physical assistance is required to walk and this is normal for the person, this should be provided.
* Three walk tests are performed and the mean time to walk 6 meters in the three trials calculated.

**Set-up:**

* Measure and mark a 14-meter walkway
* Add a mark at 2-meters
* Add a mark at 12-meters

**Patient Instructions:**

Maximum speed trials: *“I will say ready, set, go. When I say go, walk as fast as you safely can until I say stop”*

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| 10 Meter Walk Testing Form for AID Foot Splint | | |
| Name: |  | Date: |
| Assistive Device | Level of assistance | |
| **Seconds to ambulate 10 meters (only the middle 6 meters are timed)** | | |
| Fast Time: Trial 1\_\_\_\_\_\_\_sec.\_\_\_ | | |
| Fast Time: Trial 2\_\_\_\_\_\_\_sec.\_\_\_ | | |
| Fast Time: Trial 3\_\_\_\_\_\_\_sec.\_\_\_ | | |
| Fast Time: Average time\_\_\_\_\_sec.\_\_ | | |
| **Actual velocity: Divide 6 by the average seconds** | | |
| Average Fast-Velocity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_m/s | | |

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| 10 Meter Walk Testing Form for Dictus Splint | | | |
| Name: |  | | Date: |
| Assistive Device | | Level of assistance | |
| **Seconds to ambulate 10 meters (only the middle 6 meters are timed)** | | | |
| Fast Time: Trial 1\_\_\_\_\_\_\_sec.\_\_\_ | | | |
| Fast Time: Trial 2\_\_\_\_\_\_\_sec.\_\_\_ | | | |
| Fast Time: Trial 3\_\_\_\_\_\_\_sec.\_\_\_ | | | |
| Fast Time: Average time\_\_\_\_\_sec.\_\_ | | | |
| **Actual velocity: Divide 6 by the average seconds** | | | |
| Average Fast-Velocity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_m/s | | | |

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| **AID Foot Splint Questionnaire – Post dressing** (Circle answers) | | | | | |
| I am able to put on the splint independently. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I am able to take off the splint independently. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| The splint was easy to use. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| Any other comments? Please write in the box. |  | | | | |

## Appendix 4: Questionnaires

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| **AID Foot Splint Questionnaire – Post walk** (Circle answers) | | | | | |
| The splint was comfortable to wear. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I felt safe walking with the splint. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I would use the splint again. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| Any other comments? Please write in the box. |  | | | | |

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| **Dictus Splint Questionnaire – Post dressing** (Circle answers) | | | | | |
| I am able to put on the splint independently. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I am able to take off the splint independently. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| The splint was easy to use. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| Any other comments? Please write in the box. |  | | | | |

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| **Dictus Splint Questionnaire – Post walk** (Circle answers) | | | | | |
| The splint was comfortable to wear. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I felt safe walking with the splint. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I would use the splint again. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| Any other comments? Please write in the box. |  | | | | |