



太和观 THK

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# Challenge yourself !!!!

— to walk  $\geq 6000$  steps/day —

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Khin Myat Noe  
Physiotherapist



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## Why walking $\geq$ 6000 steps/day is important ?

- Walking  $\geq$  6000 steps/day reduces risk of functional limitation in people with or at risk of OA knee.
- 52% less likely to have a TKR if they walked 6000 steps/day or more vs those who did not.
- 12% less likely to have a TKR for each additional 1000 steps/day walked.



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## How do we predict walking $\geq$ 6000 steps/day?

- Via step watch
- By performing following tests recommended by recent studies
  - 5 x sit to stand
  - Gait speed test (20m)
  - 400 m walk test
  - Not meeting minimal threshold of above clinical tests indicates underlying physical or functional impairment which needs to be addressed by professionals.



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## 5 X Sit to stand test



- Stand from a chair (straight back, flat, level firm seat and seat height of 45cm) and return to sitting five times as quickly as possible with arms folded across the chest.
- Total time (sec) was measured with a digital stopwatch
- **> 12 seconds shows inadequate physical function to walk  $\geq$  6000 steps/day**



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# 20 meter walk test/Walking speed



- Usual speed of walking over 20 m course on unobstructed hall way.
- Time with stop watch at the initial movement while standing at start point and stop at end point.
- **<1.22 m/s shows inadequate physical function to walk  $\geq$  6000 steps/day**



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# 400 meters walk test/Walking Endurance



- Complete 10 laps in a clockwise direction at their usual walking pace over 20 meters course
- Time from initial movement at start point and stop at the end of 10 laps
- **> 5.22 mins or 322 sec shows inadequate physical function to walk  $\geq$  6000 steps/day**

Participants who did not complete the 20-meter walk test, or had a resting heart rate  $> 110$  or  $< 40$  bpm, or blood pressure systolic  $> 180$  mmHg and diastolic  $> 100$  mmHg were not allowed to perform the test.



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**Thank you**

**&**

**Happy World Physiotherapy Day !!!**



**One step at a time !!**



**≥ 6000 steps/day !!!**