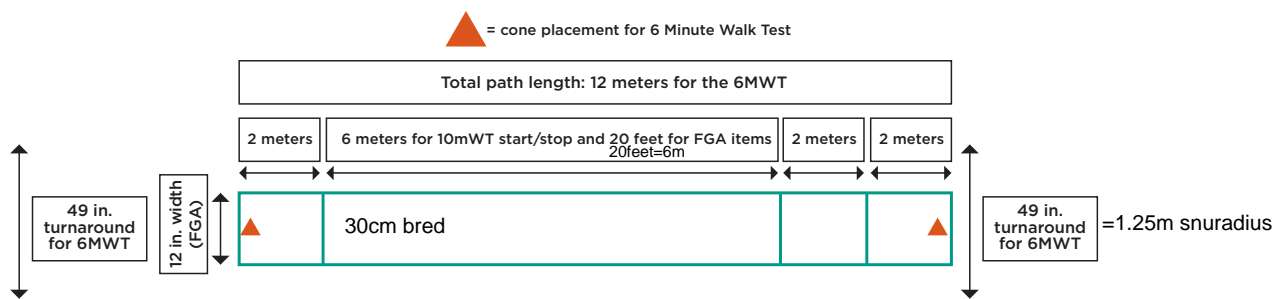


Did you know? By making small changes in your environment, you can make it easier and more efficient to complete the Core Outcome Measures. Below are some ideas.

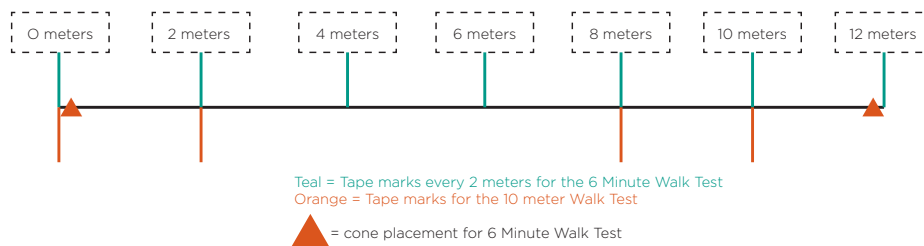
1. Select a Testing Space
 - a. Consider a space in your facility/clinic that is quiet, less busy and that you have access to on a regular basis.
 - b. Try to choose space that is close to where you typically treat.
 - c. Talk with your leadership team, and consider a space that is convenient to everyone.
2. Pre-measure space for the 10 meter Walk Test (10mWT), 6 Minute Walk Test (6MWT) and Functional Gait Assessment (FGA).
 - a. Once you determine a space, mark the distances for the 10mWT, 6MWT and FGA with tape.

Example (bird's eye view):



- b. Can't tape the floor permanently? If you can use small tape marks on a baseboard, you will have quick references for placing cones to mark the distances.

Example (looking at a hallway baseboard):



- c. No tape allowed?
 - i. Be sure to ask about "floor tape" which is made specifically to avoid pulling the finish off the floor.
 - ii. If you have floor or ceiling tiles, you can measure these and use them as quick references for placing cones to mark the distances (e.g.: 1 tile = 12 inches; 20 tiles = length for FGA and timed portion of 10mWT).
12 inches = 30cm
 - iii. Use reflective tape/ribbon (you can clean it!) and premeasure the distances, adding marks for each distance. Consider attaching a cone to each end and then easily wrap the measured device up after each use.
 - iv. Use an industrial tape measure with marks written on it for each distance (needs to be at least 40' long).
 - v. Other ideas: use a dry erase marker on tile floors that will wash easily.
3. Use this comprehensive list to have easy access to all the items you might need for any of the core measure tests:

<ul style="list-style-type: none"> ✓ Stopwatch ✓ Cones ✓ 2 Standard height chairs with backrests: <ul style="list-style-type: none"> • One with arms one without • Note: a seat height of 18 inches meets the standard for both the 5XSTS (17-18 in.) and Berg (18-20 in.) 18" = 45cm 	<ul style="list-style-type: none"> ✓ Mechanical lap counter or paper/pencil ✓ Step stool (7 ¾ - 9 in. High) 20-23cm høy ✓ Ruler ✓ Slipper or shoe ✓ 2 stacked shoeboxes (9 in. high) 23cm ✓ Stairs with bilateral handrails (7 ¾ - 9 in. step height)
--	---
4. Keep all protocol instructions and/or cut off/MDC/MCID values nearby for quick reference
 - a. Use a binder, clipboard or file folder
 - b. Laminate for longevity and post on the wall