



## **S. Jerry Pinto M.D.**

**Board Certified in Pulmonary & Sleep Medicine**

PHONE NUMBER

**321-241-6540**

### **6 Minute Walk (6MWT)**

The purpose of the six minute walk (6MWT) is to test exercise tolerance in chronic respiratory disease and heart failure.

The six-minute walk test measures the distance an individual is able to walk over a total of six minutes on a hard, flat surface. The goal is for the individual to walk as far as possible in six minutes. The individual is allowed to self-pace and rest as needed as they traverse back and forth along a marked walkway.

### **What you need to do before the test**

- Comfortable clothing should be worn.
- Wear shoes that are comfortable to walk in, such as tennis shoes.
- You may use your usual walking aids during the test (cane, walker, etc.).
- Take your medications as prescribed.
- You may eat a light meal before early morning or early afternoon tests.
- Do **not** exercise vigorously within 2 hours of beginning the test.
- I will be also advised if nail polisher or artificial nails are worn to please remove them before testing.

*Thank you.*

### **TESTING LOCATION**

**402 N. BABCOCK ST.  
Suite 102  
MELBOURNE, FL 32935**