Abstract

There is a constant increase of use of the walk tests in children population as part of objective testing. There is absence of complex summary of reference values for healthy children therefore we are not able to test our pediatric patients as fast, easy and objective as we would like to. Due to this fact we decided to create a summary of final results of three chosen walk tests.

We have been dealing only with walk tests focused on quantitative aspect of walking in healthy children. We have chosen a walk test focusing on endurance (Six-Minute Walk Test), skilfulness (Timed Up and Go Test) and velocity of walk (10 Meter Walk Test).

Methods: We were looking for studies containing only physiology values of healthy children in medical databases such as PubMed, EBSCOhost, UKAZ.cuni.cz, Web of Science and the Google Scholar database. Only studies containing full text and meeting our criteria were chosen.

Outcome of this work is a complex summary of all available values of three walk tests, their general description and comparison of all found studies focused on this topic. We made comparison of several chosen parameters (number of tested children, their age, gender, methodology of testing, results and their details).

Conclusion: A large number of studies published only average results of all included healthy children. Such results can be used in clinical practice only in the orientative way. Table of studies that include detailed reference values and are practically much more usable are in the attachment of this work. We consider 6-Minute Walk Test as the most reliable one and 10 Meter Walk Test as the most unreliable one for practical use.