

### Contact details

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For appointments please contact our  
Administrator on ☎ 020 3448 8132  
For enquiries regarding walking  
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### Where can I get more information?

Association for Glycogen Storage Disease  
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020 3448 8132. We will try our best to  
meet your needs.



## National Hospital for Neurology and Neurosurgery

### Walking assessment

McArdle Disease and  
Related Disorders Clinic

This leaflet has been written by the McArdle Clinic team at the National Hospital for Neurology and Neurosurgery.

It is intended for patients (or their families or carers) under the care of the team at this hospital. Please do not hesitate to contact us if you have any questions. A member of the team will be happy to answer them for you.

### Why do we do a walking assessment?

This provides us with information on your current function (i.e. giving basic information on muscle, heart and lung function) which can provide insight into how you might cope with everyday tasks.

Through testing we can do two things to help improve your health and well being.

First, we can determine your level of fitness, which we can monitor over the months and years to come.

Secondly, we can provide guidance for exercise and managing physical activities at home, work or in your leisure time and so help make everyday tasks easier.

### What should I bring with me?

Please bring any drinks you may require with you. We can also provide you with water. You are welcome to bring someone with you if you wish. You should wear comfortable clothing and footwear (no high heels).

### What happens during a routine walking assessment?

We will ask you to walk at your own pace on a treadmill for 12 minutes. If you are unable use a treadmill, you can walk on the floor.

We will monitor your heart rate throughout the assessment and ask you to score your level of muscle pain on a scale of one to ten. Before the test, we will explain how to use the scale and what level of pain you should not exceed.

You will be supervised throughout the assessment by our exercise physiologist or physiotherapist or both. You can rest during the assessment if you need to or stop the assessment at anytime if you feel unwell.

Picture 1: Routine walking assessment



### What happens during an advanced walking assessment?

The clinic has a 'cardio-pulmonary' assessment system. This looks at muscle metabolism during exercise as well as oxygen use. For this assessment you will be asked to wear a mask for the 12 minute walking assessment.

Not everyone will have this advanced assessment. You are free to decline if you do not want to take part.

We may use this:

- to help with diagnosis
- for people who are used to the routine walking assessment, or who have taken up an exercise programme and we want to monitor the change in 'fitness' more closely



Picture 2: Advanced walking assessment