

National Hospital for Neurology and Neurosurgery

Walking assessment

McArdle Disease and
Related Disorders Clinic

If you need a large print, audio, braille, easy read, age-friendly or translated copy of this document, please contact us on 0203 448 8132 or email uclh.patientinformation@nhs.net. We will try our best to meet your needs.

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1 Introduction

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.

2 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

3 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).

4 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 any time if you feel unwell.

Picture 1: Routine walking assessment



5. Contact details

McArdle Disease and Related Disorders Clinic

MRC Centre for Neuromuscular Disease

8- 11 Queen Square, London

WC1N 3BG

Direct line ☐ 020 3448 8132

E-mail ☐ uclh.mcardleservice@nhs.net

☐ www.cnmd.ac.uk/our_services

For appointments please contact our

Administrator on ☐ 020 3448 8132

For enquiries regarding walking assessments please contact our physiotherapist on

☐ 020 3448 8034

6. Where can I get more information?

Association for Glycogen Storage Disease (UK) Ltd

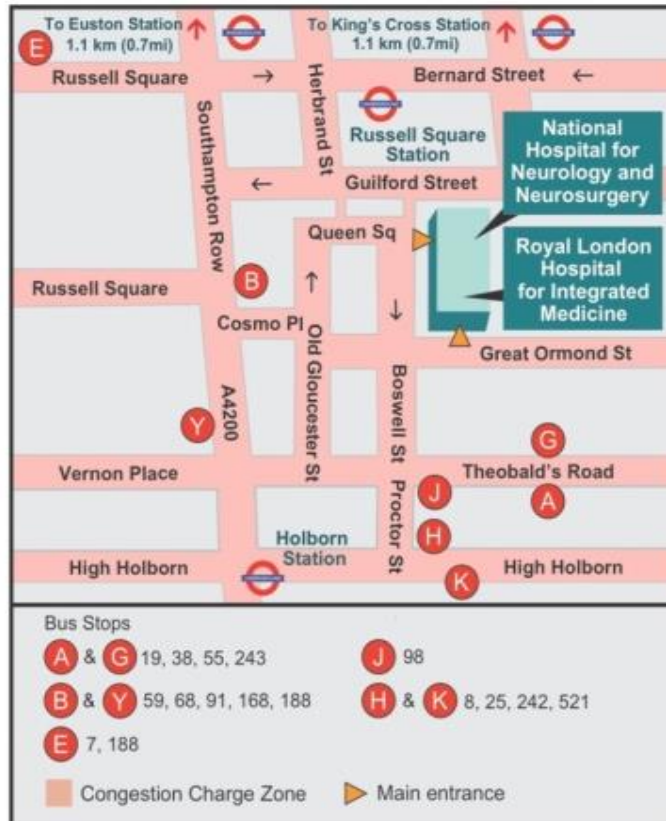
Telephone ☐ 0300 123 2790

E-mail ☐ type5@agsd.org.uk

☐ www.agsd.org.uk

UCLH cannot accept responsibility for information provided by external organisations.

7. How to find us



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