

3m takaperinkävelytesti



- **UUSI TESTI**, joten vielä on vähän vertailuarvoja (m = miehet; n = naiset)
- **Alle 2.23 s (m) ja 2.60 s (n)** näyttäisi ennustavan matalaa kaatumisriskiä
- **2.23–3.00 s (m) ja 2.60–3.50 s (n)** ennustaisi kohtalaista kaatumisriskiä
- **yli 3.00–3.9 s (m) and 3.50–3.90 s (n)** ennustaisi kohonnuttua kaatumisriskiä

Chidozie EM et al. 2023. Med Princ Pract 32:351–357

Reference values for 3-Meter Backward Walk Test among apparently healthy adults

Table 2. Age- and sex-reference values for 3-meters backward walk test

	Minimum	25th percentile	50th percentile	Mean	SD	Median	75th percentile	95th percentile	Maximum
>60 years (n = 313)									
Male	2.1	3.00	3.20	3.13	0.42	3.20	3.40	3.60	4.70
Female	2.2	3.30	3.60	3.57	0.51	3.57	3.90	4.50	5.10
Total (male & female)	2.1	3.00	3.40	3.40	0.52	3.40	3.70	4.40	5.10

HUOM!

Maanantain 10.2.2025
mittausten tulokset **eivät päde**,
koska rata oli vahingossa
mitattu 4m mittaiseksi.
ISOT pahoittelumme!

Variable	3MBW Mean ^a (SD)
Males (n = 22)	3.8 (1.8)
Females (n = 37)	4.2 (2.2)
Age, y	
60-69	3.7 (2.2)
70-79	3.7 (1.3)
80-89	5.9 (3.0)

THE 3-M BACKWARDS WALK TEST: A novel measure of falls risk

Review by Mariana Wingood (@elevatingEBP) for **PHYSIO** NETWORK in collaboration with @KWernliPhysio

Likelihood to have **reported falling** in past year based on time to complete 3MBW as 'fast and safely as possible':



Carter ym. J Geriatr Phys Ther 2017;00:1-7.

Infographic by @KWernliPhysio

Original article: Carter V, Jan T, James J, Cornwall M, Aldrich A & Heer H (2016) The 3-m Backwards Walk and Retrospective Falls: Diagnostic Accuracy of a Novel Clinical Measure. J Geriatr Phys Ther, 00, 1-7.

Pienelle joukolle hieman vanhempia osallistujia

Carter V et al. 2019 J Geriatr Phys Ther 42(4):249-255