

- how fast do you walk;
- how long does it take;
- do you experience: severe discomfort; pain; breathlessness; fatigue;
- do you have problems with balance or the way in which you walk (gait);
- do you need halts; if so:
 - why
 - at what distance
 - how long for
- do you use any aids, and if so, how effective are they?
- have you had any falls; if so (also see Falls below):
 - how often
 - what caused them
 - how severe were they
 - what injuries did you suffer
 - how were they treated
 - could they have been prevented, and, if so, how
- do you need physical support whilst walking
- how variable is your walking condition
- how does walking this distance affect you at the time;
- how does walking this distance affect you afterwards.

Information about your typical day

Consider including evidence about your Typical day in the claim pack, before an EMP has a chance to do so. In particular include evidence about your typical day which involves walking, or showing that you have problems walking, including:

- Shopping – remember that EMPs are told that if you can walk round a supermarket you are likely to be able to walk at least 800 yards. Do you go to the supermarket and, if so, how do you get there, do you lean on a trolley whilst walking round, stop for rests, get someone else to stand in the queue, etc.
- Going out socialising
- Walking pets

Moving around the house

Can you move easily around the house? Remember, EMPs are told that someone who can manage to move around the house and garden is likely to be able to walk at least 200 yards. If not:

What type of house do you live in
 what problems do you have, for example breathlessness climbing the stairs, having to lean on walls and rest
 what help do you get
 what changes have been made to your home
 what aids do you use

Medical information

You can't carry out an examination of yourself in the way that a doctor can, but if you are very knowledgeable about your condition you may be able you include medical information, where appropriate, relating to your:

lumbar spine
 lower limbs
 cardio respiratory system