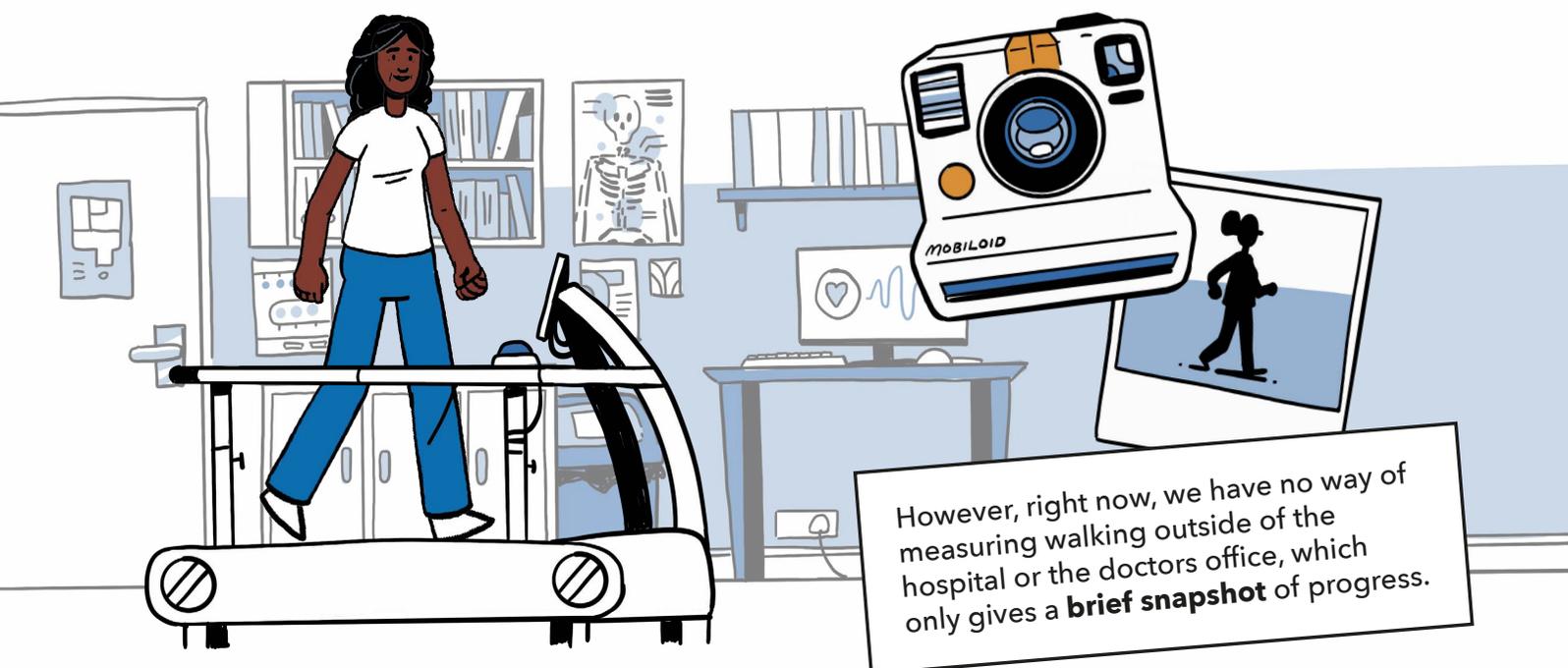


# Imagine losing your ability to walk



Our ability to walk has a big influence on our life. It can be an indication of how healthy we are or how much a given condition is affecting our daily life.



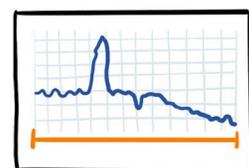
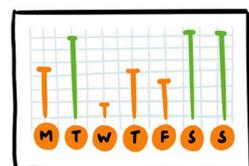
However, right now, we have no way of measuring walking outside of the hospital or the doctor's office, which only gives a **brief snapshot** of progress.

## This is where

## Mobilise-D comes in

Mobilise-D is a research consortium that is using digital technology to improve the measurement of walking performance in daily life.

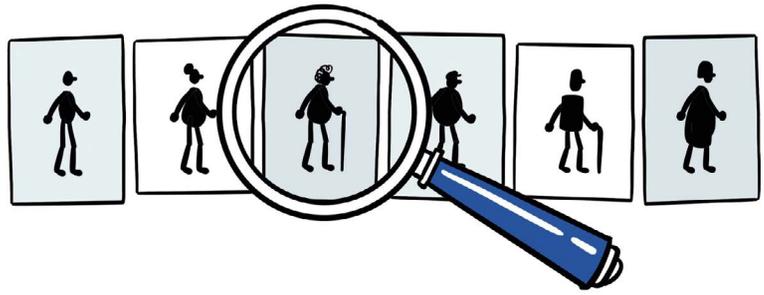
Partners from 34 top universities, hospitals and global industries are working together with patients, practitioners and industry experts to develop reliable measurements of real-world walking performance, such as **how much someone walks**, or their **walking speed**.



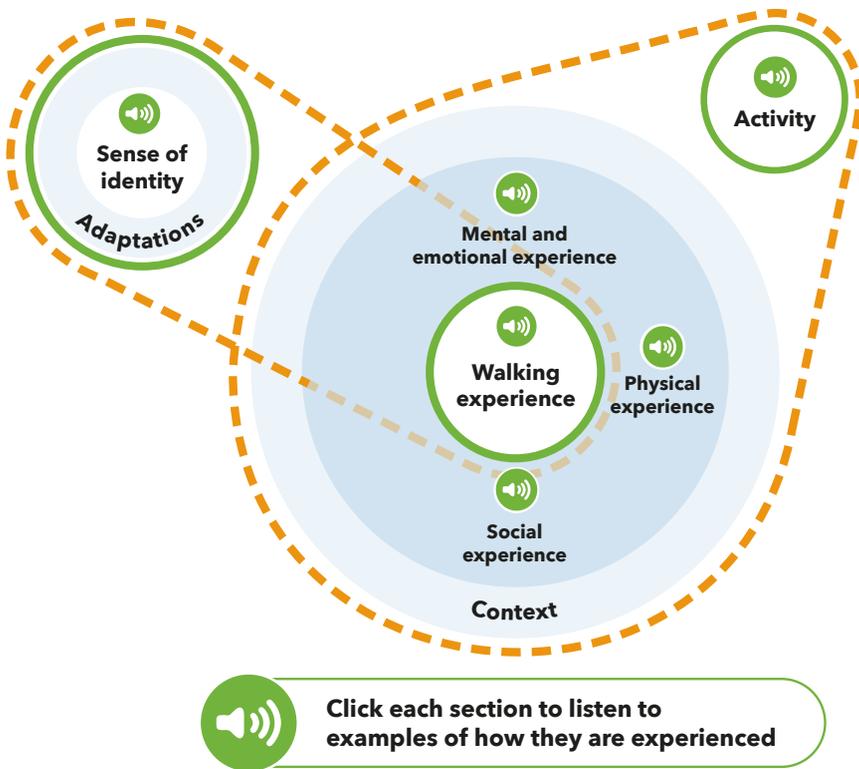
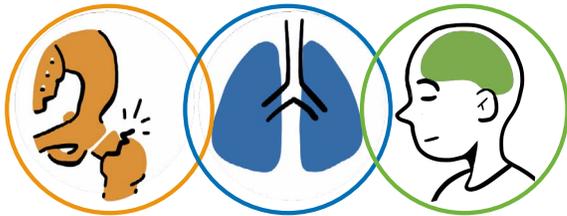
# The findings

A recent Mobilise-D study looked at all the existing evidence about people's experience of walking with different mobility-impairing health conditions.

[Read the full study here](#)



**The evidence points to walking as a complex and important aspect of health for those living with these conditions.** The impact on mobility is NOT condition specific, as people with diverse conditions including COPD, hip fractures, multiple sclerosis and Parkinson's disease can all experience similar changes to their walking.



**Walking is more than just physical movement. Results showed that walking is an emotional, social AND physical experience.**

A person's **walking experience** can change depending on the weather, terrain, how much energy they have on a given day, and also whether they're out and about or relaxing at home.

Not being able to walk as far as they would like to, or without symptoms, can limit a person's ability to do everyday **activity** like socialising, exercise, or looking after themselves or their families. Ultimately, this can affect their **sense of identity** and cause them to change their behaviour and avoid activities they feel uncomfortable doing.

Click each section to listen to examples of how they are experienced

## Impact

**These complex experiences of real-world walking highlight why new measures are needed. Measures that assess a person's walking when impacted by daily life and its environmental and psychosocial factors.**

These improved measurement tools will be used in future research to explore the best treatments and therapies for each person.

**Better ways of measuring walking will eventually enable:**



Healthcare practitioners to better support patients with their walking.



Commissioners and regulators to fund better research to better evaluate walking



Researchers to explore better treatments for walking impairments.



and most importantly, improve people's quality of life.

**Come on this journey with us**  
**[www.mobilise-d.eu](http://www.mobilise-d.eu)**

