

Exercise Therapy

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Define Cadence

Definition

1. Cadence is the number of steps taken per unit of time, usually expressed as steps per minute
2. Cadence is a gait parameter that represents the rate of stepping, expressed in steps per minute.
3. Cadence is the rate at which the feet contact the ground during walking, measured in steps per minute.

Normal values

Men: 90-120 steps/minute in men

Women: 80-110 steps/minute in women

Cadence varies with age, height, walking speed, and testing conditions.

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Reference:

1. O'Sullivan SB, Schmitz TJ, Fulk GD. Physical Rehabilitation. Elsevier.
2. Magee DJ. Orthopedic Physical Assessment. Elsevier.

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