Neurological Physiotherapy

Skill Number  L 25

Activity  Walking

Aim  To train walking by assisting the swinging leg on a treadmill

Rationale:
Whole-task training is set up on the treadmill so the patient can practice walking with manual guidance from the therapist and body-weight support using an overhead harness. Task-related training is structured so that flexibility of performance is encouraged, ie, the cognitive and/or physical demands of the activity are increased.

Equipment:
• Treadmill + magnetic safety key
• Harness (not shown on video)
• Stool
• Shoelaces/ pillowcase/theraband
• Sling (if necessary)

Key Points:
• Patient is positioned in standing on the treadmill, feet shoulder-width apart, toes pointing forward, trunk, hips and knees extended
• Up to 30% bodyweight support is provided by an overhead harness (not shown on video)
• Therapist is positioned to the side of the patient and provides manual guidance during swing phase (and stance phase if necessary)
• The first step is taken with the intact leg
• Ensure the magnetic safety key is attached to the patient

Common Errors:
• Therapist’s instructions and manual guidance are not synchronized

Progression and Variety:
• Decrease/remove manual guidance (shown on video)
• Increase speed of treadmill (shown on video)
• Increase incline of treadmill
• Increase cognitive demand

Copyright © 2010 University of Sydney