Objectives and Program Schedule

MedBridge

Interventions for Neurological Diagnoses: Postural Transitions and Gait
Kay Wing, PT, DPT, NCS

Course Objectives

- Describe the influence of postural control in transition from sit-to-stand and gait
- Apply principles of progressive mobility in posture and gait to improve patient function, safety, and speed
- Identify the importance of walking speed on safety and function in the home and community

Chapter 1: Sit-to-Stand

- Discuss the four stages of standing
- Identify missing components of the stages of standing in patients
- Address sit-to-stand deficits through targeted exercises

Lecture and Demonstration: 18 minutes, Learning Assessment: 10 minutes

Chapter 2: Over Ground Gait Training

- Understand the importance of walking speed on function at home and in the community
- Discuss how ROM deficits in various components of gait negatively affect walking patterns
- Discuss the importance of proximal strength and control in walking

Lecture and Demonstration: 27 minutes, Learning Assessment: 10 minutes

Chapter 3: Gait Training on the Treadmill

- Know the importance of treadmill speed as it relates to walking speed off the treadmill
- Know how to safely get a patient on and off the treadmill
- Facilitate unique motor and balance activities that can be done on the treadmill

Lecture and Demonstration: 43 minutes, Learning Assessment: 10 minutes

Total Time: 2.5 hours