
Objectives and Program Schedule

MedBridge

Interventions for Neurological Diagnoses: Postural Transitions and Gait

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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