

Patty's PT Tips

Gait Skills
Putting It All Together

January 5th 2022

The Basics

Core muscle strength/Posture

Leg/pelvic girdle muscle strength

Balance

Weight shifting

Timing

Co-ordination

Flexibility/Mobility

Endurance

Visual/spatial awareness

Situational awareness

Challenges

Muscle weakness

Decreased sensation

Spasticity

Vestibular dysfunction(inner ear)

Visual impairments

Fatigue

Decreased range of motion

Architectural barriers

Pain

Fear of the unknown

Distractions

Poorly fitted or inappropriate gait devices for the circumstances

Ways to Improve

Seek out expert evaluation (PT)

Choose the right assistive device/brace

Prepare the body for movement (warm up exercise)

Decrease distractions

Don't over fatigue

Try new things/activities/environments

"Movement snacking"

Set aside time to practice specific skills

Address pain issues

Dress for success

Questions???