NeuroPro Skills™ for

Gait in ADLs

Ideal for: PTs, PTAs, OTs, & COTAs of all experience levels & clinical settings

Course Description

The resumption of ADLs and walking after stroke requires that gait be a major focus of neurorehabilitation. This course will address two major problems: walking without purpose and performing ADLs without getting patients on their feet.

Gait impairments are formidable problems to solve yet traditional "pre-gait exercise" and "walking practice" in unvaried conditions are routinely the treatment of choice. Likewise, gaining independence in activities of daily living is not easy and cannot be accomplished by sitting and repeating a compensatory strategy.

In this course, you will learn the phases of gait, how to use them with purpose, and expand your knowledge of different stance/step conditions and other gait skills in addition to forward gait. We will teach you how to analyze the movement components of ADLs so the missing movement control can be targeted in therapy.

NeuroPro Education endorses a transdisciplinary approach to address gait 'in action', particularly in familiar ADLs and the more variable ASLs (Activities of Salient Living). We will show you how optimal outcomes are achieved when PTs and OTs work as collaborators across discipline boundaries and replace exercise routines with gait knowledge, movement control knowledge, and rigorous clinical reasoning.

Upon Completion
You will know how to:

- Use an expanded understanding of the gait cycle and gait variations to make critically reasoned decisions for gait training and ADL training

- Gain knowledge about double limb support, single limb support, split stance, and step variations

- Differentiate between a sign of gait dysfunction and the actual root cause

- Use salient activities of interest and ADLs to address gait deficits, and use gait to address movement deficits in ADL performance

- Understand how and why bracing, devices, and poor clinical decisions can interfere with normal gait, ADL independence, and future progress

Active Learning Classroom

NeuroPro Education classes are actively taught and engage all students to actively participate. The learning modality is highly experiential and dependent on interaction with peers and the instructors. The class is not a slide presentation of research data. We take the research already learned in academic programs, add to it, and help you with the translation of that knowledge in making research-informed, critically reasoned choices for the patients depending on you to help restore their life.