

Check list of pract viva exam 400998

Gait

Learning Outcomes:

- Demonstrate strategies to increase dexterity in preparation for stance when patients cannot walk independently
- Demonstrate strategies to increase dexterity in preparation for swing when patients cannot walk independently
- Discuss ways to set up practice outside therapy
- Discuss ways progress to whole task practice & flexibility of practice

Training skills

Hip alignment for preparation for mid to end stance - Hip extension

Supine:

- **Exercise:** Leg over side of bed. Hip neutral, no abduction, knee flexed at 90, ankle neutral. Weight scale underneath foot. Raise hip off bed (hip ext) by pushing down through heel.
- **Progression:** Progress to walking – stressing importance of hip ext. Less support offered by therapist (not holding foot on ground). Progress to bridging in supine.
- **Flexibility of Practice:** progress from doing exercise in supine to sitting & using both legs if 1 leg to hard.
- **Outside Therapy:** pt can practice this on own on bed/chair
- **Clinical Reasoning:** Improve ability to extend hip in WB position through training limb control, carry over to gait.

Standing

- **Exercise:** pt stands with weight on both feet with hips extended.
- **Progression:** Progress to walking – stressing importance of hip ext. Less support offered by therapist (not helping to put hip into ext)
- **Flexibility of Practice:** Can practice standing with back against wall – shifting weight forward. Can use scales.
- **Outside Therapy:** with supervision, can practice this with support of wall. Encourage to stand as much as possible if safe to do so.
- **Clinical Reasoning:** promote hip extension required for walking in a WB position.

Stepping

- **Exercise:** pt shifts weight onto affected leg with hip extended & steps forward with non-affected leg.
- **Progression:** walking
- **Flexibility of Practice:** with or without knee splint (affected leg) in ext. Practice stepping onto different surfaces. Stepping up stairs or ascent/descent. Treadmill.
- **Outside Therapy:** with supervision, practice stepping, aiming to step on something (mark on ground) – more successful when there is concrete goal. Encourage walking as much as possible if safe to do so.

- **Clinical Reasoning:** Knee splint – temporary aid to keep knee from collapsing. Loading the affected limb in WB functional position.

Lateral horizontal shift - Abduction

Standing

- **Exercise:** pt stands with back against wall & shifts weight side to side
- **Progression:** walking. Progress to side stepping. Progress to loading the leg – shift weight to affected side & step forward with intact foot +/- step onto block.
- **Flexibility of Practice:** with scales, practice taking steps to side. With or without knee split of affected leg & wall for support.
- **Outside Therapy:** sidelying – affected leg uppermost and lift leg in air. With supervision, practice standing with side to side weight shift. Standing with assistance from in front – hip abduction practice loading affected leg.