



## Gait Guidelines

**Directions:** Using the information collected from your evaluation, determine the most appropriate form of gait training for your patient (e.g.-over ground, treadmill training (TM), body-weight supported treadmill training (BWSTT) or combination.

**Criteria for progression:** Once patient is able to complete 3,000 steps in a single session with a particular level of assistance, body weight support, with a particular assistive device etc., progress to next appropriate level as stated in the basic guidelines section.

**Maintenance:** Eventually, all patients will reach a true plateau. After following the action plans outlined in the General Guidelines, if a patient has still made no progress in 2 weeks, they will be considered to have reached a true plateau. A plateau is defined as no progress for 2 weeks with a given amount of assistance. At this time the patient is moved to the maintenance phase. Patients are instructed to continue walking as they were at the final treatment session in their HEP.