Title:
What Works: Eliciting an energy-efficient gait pattern in the neurologically impaired population

Description:
The normal gait pattern is remarkably efficient, harnessing momentum and ground reaction forces to minimize the energy cost of walking. Following neurological injury, various movement impairments impede the ability to implement this pattern, leading to a decrease in walking ability, functional performance and participation. In this session we will identify how these impairments impede gait ability and how to measure your ability to specifically address them during intervention. This can minimize their effect on gait and maximize walking performance in people with neurological impairments.

Objectives:
Upon completing this seminar, participants will:
- Recognize discrepancies between the individual, the task and the environment that impede utilization of an energy-efficient gait pattern in stroke survivors.
- Identify elements of a biomechanically-efficient gait pattern that are not present in specific gait patterns demonstrated by individuals with neurological impairments.
- Select intervention strategies or techniques to address the timing and alignment deficits observed in the gait pattern(s) of neurologically-impaired individuals.
- Safely and effectively implement strategies that address deficits in gait that prevent the use of an energy-efficient gait pattern.
- Compose appropriate patient goals for gait improvement that address identified energy-efficiency deficits in individuals with neurological impairments.
Citations:

- Doidge, N The Brain that Changes Itself.


