
B6: These Feet Were Made for Walking

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Learning objectives:

At the conclusion of the session, participants will be able to:

1. Describe the evidence supporting Gait Trainer Use
2. Choose the right features and set up of a gait trainer for a specific child
3. Write measurable achievable functional goals for a specific child in a gait trainer

Session description:

Gait trainers are frequently used in hospitals, clinics, schools and homes for children age 0-21 who cannot walk independently for long distances. The ability to independently move and explore one's environment plays a pivotal role in a child's development, including psychological functioning and social interaction. Children who lack mobility are less verbal, interactive and social. Cognition is also negatively impacted. Using evidence-based guidelines and case stories, this course reviews the benefits of gait trainers and provides clinicians information about designing and implementing mobility programs.

Content references:

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3. Paleg G, Huang M, Vasquez Gabela SC, Sprigle S, Livingstone R. Comparison of the Inertial Properties and Forces Required to Initiate Movement for Three Gait Trainers. *Assist Technol*. 2016 Fall;28(3):137-43
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7. Paleg, G, Smith BS, and Glickman LB. Systematic review and evidence-based clinical recommendations for dosing of pediatric supported-standing programs. *Pediatr Phys Ther*. 2013 Fall; 25(3):232-47.
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