



# High Intensity Gait Training

**Susan J. Harkema, Andrea L.  
Behrman, Hugues Barbeau**



## High Intensity Gait Training

*Knowledge Translation in Health Care* Sharon E. Straus, Jacqueline Tetroe, Ian D. Graham, 2011-08-24 Health care systems worldwide are faced with the challenge of improving the quality of care Providing evidence from health research is necessary but not sufficient for the provision of optimal care and so knowledge translation KT the scientific study of methods for closing the knowledge to action gap and of the barriers and facilitators inherent in the process is gaining significance Knowledge Translation in Health Care explains how to use research findings to improve health care in real life everyday situations The authors define and describe knowledge translation and outline strategies for successful knowledge translation in practice and policy making The book is full of examples of how knowledge translation models work in closing the gap between evidence and action Written by a team of authors closely involved in the development of knowledge translation this unique book aims to extend understanding and implementation worldwide It is an introductory guide to an emerging hot topic in evidence based care and essential for health policy makers researchers managers clinicians and trainees

*Locomotor Training* Susan J. Harkema, Andrea L. Behrman, Hugues Barbeau, 2011 Physical rehabilitation for walking recovery after spinal cord injury is undergoing a paradigm shift Therapy historically has focused on compensation for sensorimotor deficits after SCI using wheelchairs and bracing to achieve mobility With locomotor training the aim is to promote recovery via activation of the neuromuscular system below the level of the lesion What basic scientists have shown us as the potential of the nervous system for plasticity to learn even after injury is being translated into a rehabilitation strategy by taking advantage of the intrinsic biology of the central nervous system While spinal cord injury from basic and clinical perspectives was the gateway for developing locomotor training its application has been extended to other populations with neurologic dysfunction resulting in loss of walking or walking disability

**Clinical Pathways in Stroke Rehabilitation** Thomas Platz, 2021-01-14 This open access book focuses on practical clinical problems that are frequently encountered in stroke rehabilitation Consequences of diseases e g impairments and activity limitations are addressed in rehabilitation with the overall goal to reduce disability and promote participation Based on the available best external evidence clinical pathways are described for stroke rehabilitation bridging the gap between clinical evidence and clinical decision making The clinical pathways answer the questions which rehabilitation treatment options are beneficial to overcome specific impairment constellations and activity limitations and are well acceptable to stroke survivors as well as when and in which settings to provide rehabilitation over the course of recovery post stroke Each chapter starts with a description of the clinical problem encountered This is followed by a systematic but concise review of the evidence RCTs systematic reviews and meta analyses that is relevant for clinical decision making and comments on assessment therapy training technology medication and the use of technical aids as appropriate Based on these summaries clinical algorithms pathways are provided and the main clinical decision situations are portrayed The book is invaluable for all neurorehabilitation team members clinicians nurses and therapists in neurology physical medicine and rehabilitation and related fields It is a World Federation for NeuroRehabilitation WFNR educational initiative bridging the gap between the rapidly expanding clinical research in stroke rehabilitation and clinical practice across societies and continents It can be used for both clinical decision making for individuals and as well as clinical background knowledge for stroke rehabilitation service development initiatives

*High Intensity Jump Exercise Preserves Posture Control, Gait, and Functional Mobility During 60 Days of Bed-Rest* Ramona Ritzmann, Kathrin Freyler, Jakob Kümmel, Markus Gruber, Daniel L. Belavy, Dieter Felsenberg, Albert Gollhofer, Andreas Kramer, Gabriele Ambrecht, 2018

**Gait Analysis** Jacquelin Perry, Judith Burnfield, 2024-06-01 The extensive and ground breaking work of Dr Jacquelin Perry is encompassed and detailed in the world renowned text *Gait Analysis Normal and Pathological Function* The medical healthcare and rehabilitation professions key text for over 18 years on gait Now available in a much anticipated New Second Edition Dr Jacquelin Perry is joined by Dr Judith Burnfield to present today s latest research findings on human gait *Gait Analysis Second Edition* has been updated and expanded to focus on current research more sophisticated methods and the latest equipment available to analyze gait What is New A new chapter covering running Synergy of motion between the two limbs A new chapter covering pediatrics A new chapter covering stair negotiation New and updated clinical examples A section on power inside each chapter covering normal gait New methods and equipment to analyze gait This Second Edition to *Gait Analysis* offers a re organization of the chapters and presentation of material in a more user friendly yet comprehensive format Essential information is provided describing gait functions and clinical examples to identify and interpret gait deviations Learning is further reinforced with images and photographs Features Six sections cover the fundamentals normal gait pathological gait clinical considerations advanced locomotor functions and gait analysis systems Clinical significance of the most common pathological gait patterns Over 470 illustrations and photographs as well as 40 tables Patient examples to illustrate elements of normal and pathological gait Tens of thousands of orthopedic orthotic and prosthetic physical therapy and other rehabilitation professionals have kept a copy of *Gait Analysis* by their side for over 18 years join the thousands more who will bring the Second Edition into their clinics classrooms and personal collections

*Neuroinflammation* Alireza Minagar, 2010-12-17 Inflammation is a central mechanism in many neurological diseases including stroke multiple sclerosis and brain trauma as well as meningitis and contributes to the generation of pain We are now beginning to understand the impact of the immune system on different nervous system functions and diseases ranging from damage through tolerance to modulation and repair This book discusses some of the more common neuro inflammatory diseases Topics covered include multiple sclerosis optic neuritis and Susac syndrome Comprehensive review of the latest developments in neuroinflammation Includes contributions from leading authorities

*Constraint-induced Movement Therapy* G. Uswatte, 2006 Constraint Induced Movement therapy CI therapy is a behavioral approach to neurorehabilitation based on a program of neuroscience experiments conducted with monkeys Evidence has accumulated to support the efficacy of CI therapy for rehabilitating hemiparetic arm use in individuals with chronic stroke This book addresses the related topics

The Effect of End Effector Type Robot Training for Gait Disturbance of Brain Tumor Patients : Case Series Minji Jung,2017

The Effect of End Effector Type Robot training for Gait Disturbance of Brain Tumor Patients Case Series

**Introduction** Robot assisted gait training is helpful in effectively implementing repetitive high intensity gait training. Several studies have been conducted in different areas on robot assisted gait training however there is little clinical research in the area of patients with brain tumor.

**Purpose** The purpose of this study is to investigate the effects of Morning Walk assisted gait training for patients with brain tumor.

**Methods** We enrolled 10 patients with brain tumor who have primary brain tumor whose functional ambulation category (FAC) scores were  $\geq 2$  and older than 18 years. Seven patients were dropped out because of deconditioning, recurrent brain tumor and early discharge leaving a cohort of 3 for final analyses. Patients were treated with 30 min of Morning Walk training with 1 h of conventional physiotherapy five times per week for 3 weeks.

**Results** Ten patients with primary brain tumor were enrolled. Seven patients were dropped out because of deconditioning (N=4), hydrocephalus (N=1) and early discharge (N=2) and leaving a cohort of 3 patients for final analyses. After training most outcome measures significantly improved. The outcomes with the improved score in all three patients were 10mWT, MBI, RMI, BBS and Karnofsky performance status scale. Four out of 7 patients were discontinued due to condition deterioration and fatigue. The BFI index increased after treatment.

**Conclusion** After Morning Walk assisted gait training combined with conventional physiotherapy the level of fatigue (BFI) was deteriorated in patients with brain tumor. Four out of the seven patients who were excluded from the study stopped the therapy due to deconditioning during treatment. Therefore if you want to apply robot therapy to brain tumor patients you need to keep in mind the degree of fatigue and adjust the treatment time, frequency of treatment and intensity of exercise for patients.

The use of an Alter G treadmill for gait velocity improvement in a patient with a chronic incomplete spinal cord injury Sarah Opdycke, 2017  
Background and purpose Functional ambulation is considered one of the primary goals for those with incomplete spinal cord injuries SCI and can be measured using gait velocity endurance degree of independence or the need for assistive device Body weight supported treadmill training has been shown to be an effective form of treatment to improve the gait quality and velocity of those who have sustained SCIs One of these systems the Alter G anti gravity treadmill utilizes air pressure in a closed environment to create body weight support The Alter G treadmill has been used in many orthopedic populations however there are limited studies on the use in neurologic populations especially for those who have sustained SCIs The purpose of this case report was to describe the use of the Alter G treadmill and determine the efficacy of this intervention to improve gait velocity in a patient with a chronic spinal cord injury Case description The patient in this case was a 64 year old female who sustained a SCI following an automobile accident at the age of 55 years old The level of injury is C5 C6 and was classified as incomplete tetraplegia ASIA C Patient consent was obtained prior to participation in this anti gravity treadmill training intervention Pre and post gait velocity performance was measured utilizing the 10m walk test At the completion of the intervention phase the use of the treadmill training was not utilized for 6 weeks and a follow up 10m walk test was obtained Intervention Patient participated in a high intensity training program that occurred over 7 weeks with two sessions per week Each hour session included a thirty minute warm up and utilized the anti gravity treadmill for the remaining time The anti gravity treadmill training alternated high intensity walking bouts for 2 4 minute intervals with 2 minute rest breaks between intervals for a total of four sets each Intensity was adjusted over the 7 week time frame Outcomes The patient improved her intensity of use of the anti gravity treadmill for 4 sets of 3 minutes at 0 4mph to 4 sets of 3 minutes alternating 0 4mph and 0 5mph for each set over 10 sessions in 7 weeks Body weight support assistance was set at 46% and rest break length remained consistent throughout the intervention Improvements during the 10m walk test included an increase of 0 05m s from 0 09m s pre test to 0 14m s post test This was an improvement of 55% of her average velocity A six week follow up revealed a return of gait velocity to 0 09m s which was the same as baseline Discussion The anti gravity treadmill was an effective treatment to increase over ground gait velocity during a 10m walk test following a seven week intervention for a patient with a chronic spinal cord injury The patient did not meet the MCID but did meet a minimally important difference of an improvement of 0 05m s for her gait velocity The patient returned to baseline following a 6 week vacation with no therapy suggesting continued use of the treadmill training is important to maintain positive effects of the intervention

Textbook of Stroke Medicine Michael Brainin, Wolf-Dieter Heiss, Susanne Tabernig, 2014-09-11 Fully revised throughout the new edition of this concise textbook is aimed at doctors preparing to specialize in stroke care

**Science and Application of High-Intensity Interval Training** Laursen, Paul, Buchheit, Martin, 2019 The popularity of high intensity interval training HIIT which consists primarily of repeated bursts of high intensity exercise continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts Surprisingly few resources have attempted to explain both the science behind the HIIT movement and its sport specific application to athlete training That s why Science and Application of High Intensity Interval Training is a must have resource for sport coaches strength and conditioning professionals personal trainers and exercise physiologists as well as for researchers and sport scientists who study high intensity interval training

**Neurologic Interventions for Physical Therapy- E-Book** Suzanne Tink Martin, Mary Kessler, 2020-05-05 UPDATED Best evidence for interventions clear concise tables graphics and pictures and current literature engage you in the spectrum of neurologic conditions and interventions NEW Autism Spectrum Disorder chapter covers clinical features diagnosis and intervention with a special focus on using play and aquatics to support the integral role of physical therapy in working with children and families with autism NEW Common threads throughout the Children section focus on motor competence as a driving force in a child's cognitive and language development and highlight how meaningful fun activities with family and friends encourage children with disabilities to participate UPDATED Neuroanatomy chapter provides a more comprehensive review on nervous system structures and their contributions to patient function and recovery after an injury or neurologic condition UPDATED Adult chapters feature updated information on medical and pharmacological management NEW The Core Set of Outcome Measures for Adults with Neurologic Conditions assists you in measuring common outcomes in the examination and evaluation of patients NEW Emphasis on the evidence for locomotor training dual task training and high intensity gait training are included in the intervention sections

**Running Mechanics and Gait Analysis** Ferber, Reed, Macdonald, Shari, 2014-03-20 Running Mechanics and Gait Analysis With Online Video is the premier resource for running mechanics and injury prevention Referencing over 250 peer reviewed scientific manuscripts this text is a comprehensive review of the research and clinical concepts related to gait and injury analysis

**Adult Hemiplegia** Berta Bobath, 1973

**Therapeutic Exercise** Carolyn Kisner, Lynn Allen Colby, John Borstad, 2022-10-17 The premier text for therapeutic exercise Here is all the guidance you need to customize interventions for individuals with movement dysfunction You'll find the perfect balance of theory and clinical technique in depth discussions of the principles of therapeutic exercise and manual therapy and the most up to date exercise and management guidelines

**Task Oriented Gait Training** Yang-Soo Lee,

**Interfacing Humans and Machines for Rehabilitation and Assistive Devices** Carlos A. Cifuentes, Jan Veneman, Eduardo Rocon, Carlos Rodriguez-Guerrero, 2022-01-24 Dr Jan Veneman is employed by Hocoma AG All other Topic Editors declare no competing interests with regards to the Research Topic subject

**Rehabilitation Robotics** Robert Riener, 2013-12 Rehabilitation Robotics summarizes the rationale for robot assisted therapy and presents the technological steps in the evolution of the design and development of lower and upper extremity rehabilitation robots After presenting the basic mechanisms of natural and artificial movement restoration and the rationale for robot aided movement therapy it shows several design criteria that are relevant for the development of effective and safe rehabilitation robots

**High-Intensity Exercise in Hypoxia - Beneficial Aspects and Potential Drawbacks** Olivier Girard, Donald R. McCrimmon, Gregoire P. Millet, 2018-01-25

In the past traditional moderate intensity continuous training 60-75% peak heart rate was the type of physical activity most frequently recommended for both athletes and clinical populations of American College of Sports Medicine guidelines. However, growing evidence indicates that high intensity interval training 80-100% peak heart rate could actually be associated with larger cardiorespiratory fitness and metabolic function benefits and thereby physical performance gains for athletes. Similarly, recent data in obese and hypertensive individuals indicate that various mechanisms further improvement in endothelial function, reductions in sympathetic neural activity or in arterial stiffness might be involved in the larger cardiovascular protective effects associated with training at high exercise intensities. Concerning hypoxic training, similar trends have been observed from traditional prolonged altitude sojourns (Live High Train High or Live High Train Low) which result in increased hemoglobin mass and blood carrying capacity. Recent innovative (Live Low Train High) methods (Resistance Training in Hypoxia or Repeated Sprint Training in Hypoxia) have resulted in peripheral adaptations such as hypertrophy or delay in muscle fatigue. Other interventions inducing peripheral hypoxia such as vascular occlusion during endurance resistance training or remote ischemic preconditioning (i.e. succession of ischemia reperfusion episodes) have been proposed as methods for improving subsequent exercise performance or altitude tolerance (e.g. reduced severity of acute mountain sickness symptoms). Postulated mechanisms behind these metabolic, neuro-humoral, hemodynamic and systemic adaptations include stimulation of nitric oxide synthase, increase in anti-oxidant enzymes and down-regulation of pro-inflammatory cytokines, although the amount of evidence is not yet significant enough. Improved O<sub>2</sub> delivery/utilization conferred by hypoxic training interventions might also be effective in preventing and treating cardiovascular diseases as well as contributing to improve exercise tolerance and health status of patients. For example, in obese subjects combining exercise with hypoxic exposure enhances the negative energy balance which further reduces weight and improves cardio-metabolic health. In hypertensive patients, the larger lowering of blood pressure through the endothelial nitric oxide synthase pathway and the associated compensatory vasodilation is taken to reflect the superiority of exercising in hypoxia compared to normoxia. A hypoxic stimulus in addition to exercise at high vs moderate intensity has the potential to further ameliorate various aspects of the vascular function as observed in healthy populations. This may have clinical implications for the reduction of cardiovascular risks. Key open questions are therefore of interest for patients suffering from chronic vascular or cellular hypoxia (e.g. work-rest or ischemia reperfusion intermittent pattern, exercise intensity, hypoxic severity and exposure duration, type of hypoxia: normobaric vs hypobaric), health risks, magnitude and maintenance of the benefits. Outside any potential beneficial effects of exercising in O<sub>2</sub> deprived environments, there may also be long-term adverse consequences of chronic intermittent severe hypoxia. Sleep apnea syndrome, for instance, leads to oxidative stress and the production of reactive oxygen species and ultimately systemic inflammation. Postulated pathophysiological changes associated with intermittent hypoxic exposure include alteration in baroreflex activity, increase in pulmonary arterial pressure and hematocrit, changes in heart structure and function and an alteration in endothelial dependent vasodilation in cerebral and muscular arteries. There is a need to explore the combination of exercising in hypoxia and association of hypertension, developmental defects, neuro-pathological and neuro-cognitive deficits, enhanced susceptibility to oxidative injury and possibly increased myocardial and cerebral infarction in individuals sensitive to hypoxic stress. The aim of this Research Topic is to shed more light on the transcriptional, vascular, hemodynamic, neuro-humoral and systemic consequences of training at high intensities under various hypoxic conditions.



**High-Performance Training for Sports** David Joyce, Daniel Lewindon, 2014-06-09 High Performance Training for Sports changes the landscape of athletic conditioning and sports performance This groundbreaking work presents the latest and most effective philosophies protocols and programmes for developing today's athletes High Performance Training for Sports features contributions from global leaders in athletic performance training coaching and rehabilitation Experts share the cutting edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA NFL MLB English Premier League Tour de France and International Rugby Combining the latest science and research with proven training protocols High Performance Training for Sports will guide you in these areas Optimise the effectiveness of cross training Translate strength into speed Increase aerobic capacity and generate anaerobic power Maintain peak conditioning throughout the season Minimise the interference effect Design energy specific performance programmes Whether you are working with high performance athletes of all ages or with those recovering from injury High Performance Training for Sports is the definitive guide for developing all aspects of athletic performance It is a must own guide for any serious strength and conditioning coach trainer rehabilitator or athlete

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