

# DIAGNOSE A GAIT DYSFUNCTION

IMPROVING GAIT TRAINING ONE PATIENT AT A TIME



## PATIENT IS AWARE

of Observance by Therapist

Watch patient's gait as they enter the room

Identify abnormalities

Evaluate Speed, Stride & Balance



solo-step™

FALL PROTECTION FOR REHAB

Do you have questions about how Solo-Step can improve your ability to work with patients and improve their gait more quickly?

Visit our website at [www.solostep.com](http://www.solostep.com)!  
Or call us at: (605) 388-2606.



## PATIENT IS UNAWARE

and instructed by the therapist

The seven instructions below can be given to the patient, and the information provided in the box below explains what the therapist should be looking for in the patient as they are walking, to correctly diagnose the patient.

## INSTRUCTIONS TO GIVE PATIENT



Shallow Knee Bend

Walk across the room, turn and come back.

Identifies gait pattern and evaluates limb favoritism.



Tests control of muscles. Looks at base width and balance.



Walk, heel to toe in a straight line.

Tests balance, speed and pattern of movement. Also test cerebellar efficiency.

Walk on toes in straight line/ walk on heels in a straight line.



Tests balance as well as muscle target changes.



Rise from chair and walk forward in a straight line.

Tests muscle strength, balance, speed of motion.

Touch finger to nose while looking and standing facing forward.



Tests cerebellar function.



Hop in place on each foot (10x each)

Test balance and control.