

# Stroke Rehabilitation: Gait Training Part 1

Being able to walk independently is crucial for most daily activities. Join this course to gain additional knowledge of scientific measurements of gait and advancement in treatment strategies for different gait patterns of patients with hemiplegia.

## Course objectives

- Revise biomechanics of gait cycle using the Rancho Los Amigos Observational Gait Analysis system
- Recognise common pathological gait patterns
- Learn about gait assessment using Dynamic Gait Index and Functional Gait Assessment
- Role of feedback and cues in gait training
- Adopt dual task in gait training
- Evaluate clinical tools to assess gait, balance and fall risk
- Conduct fall analysis: ankle versus hip strategy
- Explore various treatment strategies to improve gait: selection of activity, setting up the optimal environment

## Course outline (2 days)

### Day 1

- Biomechanics of gait cycle using the Rancho Los Amigos Observational Gait Analysis system
- Pathological gait patterns commonly used in neurology challenged clients

### Day 2

- Gait Analysis Technologies using wearable sensors
- Clinical tool to assess gait, balance and fall risk
- Feedback and cues in gait training
- Dual task in gait training

## Training methodology

Lectures, demonstrations, role play

## Trainers' profile

**Bala Rajaratnam, Celis Zeng, Khin Wei Thet and Tang Wei Mun** are physiotherapists at St Luke's Hospital, which is the first hospital in Singapore dedicated to the elderly sick. Their areas of specialisation include stroke, geriatric and neuro rehabilitation.

You may sign up for both Part 1 and 2 of this course. Part 2 includes topics such as electromyography and functional electrical stimulation, and gait retraining in the community.

● slh.org.sg ● fb.com/slhsg ● giving.sg/slh



**Target audience:** Physiotherapists and occupational therapists with at least one year of working experience in neuro rehabilitation and in the community setting

## Course duration (2 days):

Run	Month	Day 1	Day 2
1	Sept 2019	23 (8.30am-12.30pm)	30 (1.30-5.30pm)
(9am – 5pm)			
2	Nov 2019	11	18
3	Apr 2020	8	15

**Course fee:** \$679.45 (including GST)  
Prevailing course fee subsidy at **90%** for Singaporeans/PRs and **45%** for foreign staff working in eligible community care organisations.

**Venue:** St Luke's Hospital  
2 Bukit Batok Street 11  
Singapore 659674

## REGISTER

through your organisation's designated AIC LMS Administrator  
[https://lms.aic-learn.sg/lms/app/SYS\\_login.aspx](https://lms.aic-learn.sg/lms/app/SYS_login.aspx)



**Course code:** SLH-CL-18-[run no.]

## Enquiries

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Posed photos of patients and clients for illustration only.

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