

Community Ambulation Group

Purpose

- To improve dynamic balance / ambulation skill for all functional activities
- To improve performance with community gross motor tasks
- Decrease fall risk
- Increase safety awareness
- Increase confidence with ambulation on all surfaces / levels
- Socialization and interaction with others
- Improved strength and endurance for community re-integration

Admission Criteria

- Free of illness or isolation precautions
- No weight bearing restrictions
- Must have stable vital signs
- Must be able to follow at least 2-3 step directions. > 4.6 cognitive score
- Must be able to tolerate standing / sitting for 30 minutes
- Is able to ambulate with or without a device with minimal assist or less

Objectives/Goals

- Increased balance reaction control during all functional movement
- Attention to task improvement
- Teach / reinforce home exercise program
- Increase safety awareness
- Identify barriers to safety and develop strategies to overcome them
- Social interaction and learning from others
- Decrease fall risk
- Prepare patient to return to the community with the ability to perform all community re-integration goals

Suggested Materials List

- Weighted objects to carry (1 – 5 pounds)
- Various sized objects to carry
- Step stools
- Gait belts for each group member
- Assistive devices,
- Adaptive equipment as needed
- BP kit, pulse oximeter
- Handouts
- Cones, Obstacles, Canes, Mat, Balance lines on floor to walk over, around, on...
- Stairway, curb, ramp, uneven surfaces in / out doors

Suggested Activities

- Ambulate on varied surfaces indoors or outdoors
- Ambulate in different directions, speeds, around obstacles, etc.
- Ambulate while carrying objects, while talking, looking in different directions,
- Stepping around / over cones, obstacles, canes,
- Dance moves to music
- Walking, Balancing between designated lines on floor
- Ambulate with weights on legs / arms
- Set up area for a DGI test, patients take turns with each test item (stepping over obstacles, head turns, etc)
- “Relay” handing off a baton or other object
- Simulating removing items from a car- preparation for groceries, shopping
- Simulated bus- high step ups / balance challenges exercises on Airex mat to simulate standing on bus
- Group leader demonstrates “walking” exercises:
 - Marches in place
 - Side/forward/backward steps
 - Step & reach forward / sideways / around
 - Lunges forward/ sideways
 - Using light hand/ wrist weights
 - Forward/ side kick

Review safety suggestions:

- Weather considerations
- Patients with impaired activity tolerance: plan for rest stops, benches, use rollator for a seated rest break in community, etc.

Designated Time/Place

- Time:
- Place: Therapy room or available space

Transportation

- W/C
- Ambulation