Patient name: _____ **Age:** _____ **Date:** _____ **PT:** _____

HRmax: _____ **Polar HRmax:** _____ **Training Heart Rate Ranges: 65-75% HRmax/60-70% HRR:** _____ **75-85% HRmax/70-80% HRR:** _____ ☐ **Beta Blockers**

Resting HR: _____ **Resting BP:** _____ ☐ **Change in medications:** _____ ☐ **Falls/near falls:** _____

Description of activity (treadmill, overground, speed, distance, assist etc.)	Peak HR observed	Peak RPE observed

Notes:

Total minutes spent in 65-75% HRmax/60-70% HRR	
Total minutes spent in 75-85% HRmax/70-80% HRR	

Gait Subcomponent	Providing assistance when the patient is grossly unsuccessful in the gait subcomponent looks like…	Allowing trial and error practice when the patient is becoming more successful under current demands looks like…	Challenging the patient with consistent success under current demands looks like…
Limb Advancement: defined as the patient ability to advance the swinging leg far enough forward to prevent the body from falling which requires a positive (exceeding the stance leg) step length	Assist to advance/place the leg __% of the time or with ___ assist	Not assisting to manage the legs, letting the patient trial/error and figure it out	*Weighted legs *Resisted limb advancement with theraband *Stepping over/around/onto obstacles in a variety of directions *Ramps, stairs, curbs
Stance Control: defined as the patient ability to prevent limb or trunk collapse while walking	Providing BWS Providing assist at the trunk or the leg to prevent collapse	Using the harness for safety only, not lift Not assisting to prevent the trunk or leg from collapsing	*Weighted trunk by adding a weight vest or have the patient carry something heavy *Uneven, compliant or narrowed surfaces: foam, carpet, grass, gravel, balance beam, ramps, stairs, curbs
Propulsion: defined as the patient ability to move his or her body forward in an intended direction	Providing assist to advance the device or the patient in an intended direction	Not assisting to advance the device or the patient	*Speed bursts with timed trials (on even or uneven surfaces, with or without obstacle negotiation) *Physically assisting the patient to walk faster than the self-selected pace *Ramps, stairs, curbs *Resisted walking (pull something: a sled, a therapist on a stool)
Balance or postural stability: defined as the patient ability to maintain his/her balance and keep his/her body upright	Providing assist to stabilize at the trunk Allowing the patient to hold on to the handlebars	No assist to stabilize at the trunk Reducing (single rail, handheld assist, less stable support) or eliminating use of handlebars for support	*Less assistive (or no) device *Offering handheld assist vs. a device *Uneven, compliant or narrowed surfaces: foam, carpet, grass, gravel, balance beam, ramps, stairs, curbs *Decreased rail use on steps (open hand vs. grabbing rail, steady on stairwell wall vs. grabbing rail) *Random perturbations in a variety of directions