Clinical Practice Guidelines for Improving Walking Function in Ambulatory Chronic CVA, iSCI, TBI



Clinicians should perform:

- Walking training at moderate to high aerobic intensities
- Walking training with virtual reality



Clinicians may consider:

- Strength training at ≥70% 1 rep max
- Circuit training, cycling, or recumbent stepping at 75-85% HR_{max}
- Balance training with virtual reality

Clinicians should not perform:

- Static or dynamic standing balance activities including pre-gait
- BWSTT with emphasis on kinematics
- Robot-assisted gait training





Reference: Hornby TG, Reisman DS, Ward IG, et al. Clinical Practice Guidelines to Improve Locomotor Function Following Chronic Stroke, Incomplete Spinal Cord, and Brain Injury. Journal of Neurologic Physical Therapy;44(1):49-100.