

There is nothing you can't do,
if you set your mind to it.

Anything is possible

- Rick Hansen

Has a spinal cord injury, brain injury or other neurological injury left you unable to stand or walk? Do you fatigue easily or require a brace or assistive device?

Locomotor Training (LT) is an exciting opportunity offered at Parkwood Institute's Neurotrauma Rehab Program.

The LT Program at Parkwood Institute is an intensive outpatient physical therapy program that involves a combination of step training on the treadmill, over ground and functional mobility training.

The advantages of the LT Program continue to be studied through the Neurorecovery Network sponsored by the Dana and Christopher Reeve Foundation. This training is believed to affect a person's recovery of walking, community mobility and overall health and wellness.

Contact

The Locomotor Training Program is a fee for service program.

Location: Parkwood Institute
Main Building
550 Wellington Road
London, ON N6C 0A7

For further information about the Locomotor Training Program at Parkwood Institute please contact:

Clarissa Killby, Intake Support Specialist

Telephone: 519-685-4013

Fax: 519 685-4066

Email: clarissa.killby@sjhc.london.on.ca

Katie Gonser, Physiotherapist

Telephone: 519 685-4292 ext 41404

Fax: 519 685-4066

Email: katie.gonser@sjhc.london.on.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869

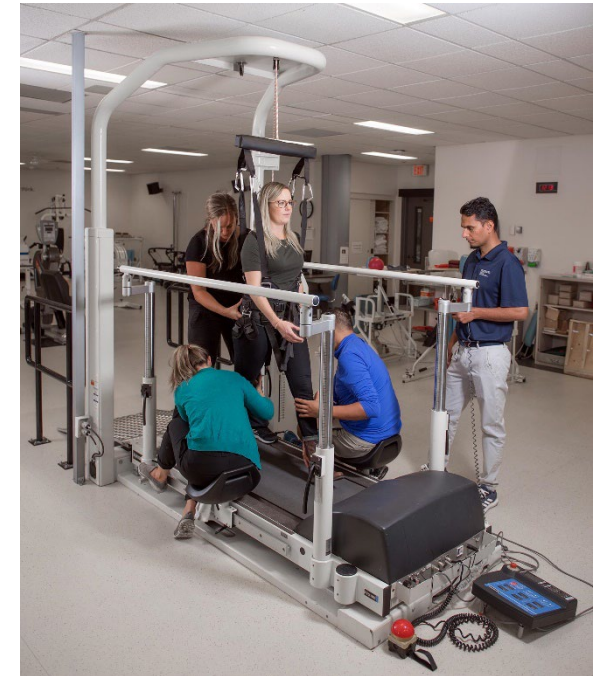


sjhc.london.on.ca

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

Parkwood Institute

Locomotor Training Program



CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



What is Locomotor Training?

It is an intensive activity-based therapy that provides standing and walking practice. The training optimizes sensory cues to generate improved motor skills after a neurological injury. Locomotor retraining is provided on a body weight support treadmill with manual facilitation. Improved neuromuscular capacity is then transferred to over ground skills that are integrated into the home and the community.

THE TRAINING PROGRAM COMPONENTS

- 2 day assessment to determine suitability
- 90 minute treatment sessions, 4 days per week
- Individual treatment sessions with 1 physiotherapist and a team of 2-3 trained staff
- Initial block of 44 treatment sessions
- If improvement is seen the participant is eligible for ongoing blocks of 22 sessions
- Feedback via videotaping and standardized assessment



From Injury to Recovery

WHO IS A GOOD CANDIDATE?

Individuals:

- with a diagnosis of spinal cord injury (incomplete T11 or above), acquired brain injury or other neurological disorder
- with decreased ability to stand, walk, or run
- who are medically stable
- who can tolerate cardiovascular exercise
- who are able to follow instructions
- with the ability to attend therapy 4 times per week
- who have consistent transportation

At first, dreams seem impossible, then improbable, and eventually inevitable.

- Christopher Reeve

PARTICIPANTS MUST BE WILLING TO:

- attend four 90 minute sessions per week
- wear a harness while walking on the treadmill
- practice specific activities and exercises at home
- show motivation to achieve rehabilitation goals

**NEUROTRAUMA
REHAB** AT PARKWOOD INSTITUTE