1. Describe the purpose of perambulation exercises and gait training activities:

2. List 5 factors a PTA or PT need to consider when choosing gait training activities:

3. Some patients will need perambulation exercise program prior to beginning gait training activities. List 5 possible PT goals which might be part of an exercise program for patients prior to ambulation training:

4. List 4 activities a PTA/PT might instruct or train a patient in for gait training for an indoor progression:

5. List 5 activities a PTA/PT might instruct or train a patient in for gait training for an outdoor progression.

6. What are the 3 major categories of ambulation assistive devices?

7. Describe 1 primary function of an AD:

8. List 6 possible reasons an ambulation device might be prescribed for a patient:

9. Describe the primary function of providing a patient with a cane:

10. Can a cane be used for patients who are NWB or PWB? Provide your rationale for your answer.

11. Can a cane be used for patients who are NWB or PWB? Provide your rationale for your answer.

12. A patient has some pain in their right hip. Which hand should the cane be held in during ambulation for this patient? Provide rationale for your choice.

13. Compare & contrast the following for advantages and disadvantages: standard cane, standard adjustable aluminum cane, and adjustable aluminum offset cane.

14. Describe a quad cane. Provide advantages and disadvantages:

15. Compare quad canes and hemiwalkers (walk cane).

16. List 2 landmarks used for measuring correct height of a cane. Which one is considered MOST important?

17. What is the appropriate elbow angle for a patient utilizing a cane?

18. What are 2 important functions of the elbow angle?
19. If a patient has some weakness or pain in both LE’s, what questions should the therapist consider to choose which side the cane when be placed?

20. What is one function crutches can provide that use of a cane cannot?

21. What are the 2 different types of crutches?

22. What are the advantages and disadvantages of axillary crutches?

23. Describe the advantages and disadvantages of using forearm crutches:

24. What elbow angle is needed for ambulating with crutches?

25. How much space should be present between the patient’s axilla and the axillary pad of the crutches?

26. Which area of the crutch should the patient’s body weight be transferred to?

27. Describe the tripod position AND why it should be taught to a patient:

28. Which gait pattern is used when a patient is to be NWB?

29. When a patient is PWB on 1 LE, how should they be instructed to bear weight on the PWBing foot when ambulating?

30. What are indications for use of a 4 point gt. Pattern?

31. Describe the sequence when using a 4 pt. gt. Pattern:

32. Which gait pattern is more stable, a 2 pt. or 4 pt.?

33. Provide the gait sequence for ambulation with a walker if PWB on the RLE:

34. Provide the gait sequence for ambulation with a walker if NWB on the RLE:

35. List and describe 3 methods of preparing the patient for training with an A.D. on level surfaces:

36. What is the FIRST thing a patient does prior to standing if they are using a cane, crutch or walker?

37. In sit to stand to sit transitions, which side is the cane placed on? Which side should the patient place the crutches as the patient is moving from a sit to stand position?

38. Review the Basic Techniques for assuming standing & seated positions with A.D. page 435; Box 14-3

39. When a PTA is guarding an ambulating patient, the PTA should be behind and slightly to which side of the patient?

40. Review and practice stair climbing techniques page 437 Box 14-4