

# Treatment Ideas for Challenging Ambulation

- ARM SWINGS
- STEPPING OVER LINES
- ALTERNATING GAIT SPEEDS - FAST AND SLOW
- CHANGING DIRECTION AND TURNING
- NAVIGATING OBSTACLES
- SIDE STEPPING
- WALKING IN TANDEM
- PICKING UP, CARRYING, PUTTING DOWN OBJECTS
- PUSHING, PULLING DOORS
- ADDING RESISTANCE
- BACKWARDS WALKING
- FORCES
- TERRAIN/SURFACE CHANGES
- LIGHTING CHANGES
- WEATHER CHANGES
- STARTING/STOPPING
- STEPPING UP AND DOWN CURBS, STAIRS, RAMPS
- ADDING HEAD TURNS
- ADDING VISUAL SCANNING TASK
- DUAL TASKING
- ADDING MULTIPLE TURNS