**High Plains Technology Center**

**Health Careers**

**Learning Activity Packet (LAP) for Physical Therapy Aide**

**Related unit of instruction:**

Ambulation and Gait Training

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP is designed to prepare the student to assist with ambulation and gait training. Students learn safe practices while demonstrating competency in ambulating the client.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and answer end of chapter questions for Chapter 13 in *Physical Therapy Aide: A Worktext 2nd Ed, Wiess Washington, Delmar*, 1999.
2. Pass the test for the chapter.

**Learning Objective:**

Assisting with Ambulation and Gait Training Chapter 13

1. Define the term ambulation and discuss the physical therapy aide’s role in assisting the patient with it.
2. Briefly explain how to choose the appropriate ambulatory device for a patient’s use.
3. Identify four basic ambulatory devices and briefly discuss the physical therapy aide’s role in assisting the patient to use them.
4. Delineate the difference between a two-point, three-point, and four-point gait as each related to crutch walking.
5. Describe the difference between a swing-to and a swing-through gait, and briefly explain how each relates to crutch walking.
6. Briefly explain the physical therapy aide’s role in assisting the patient to walk up and down stairs using crutches.
7. Define what it meant by the term *gait*.
8. Briefly explain what a normal gait is and discuss the differences between a normal gait and the following abnormal gaits: coxalgic gait, painful-knee gait, sacroiliac gait, and a flexed-hip gait.
9. Describe the gait of a patient with hemiplegia.
10. Describe the gait of a patient with Parkinson’s disease.