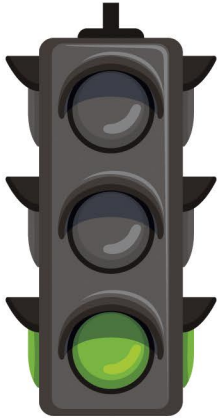


# Clinical Practice Guidelines for Improving Walking Function in Ambulatory Chronic CVA, iSCI, TBI



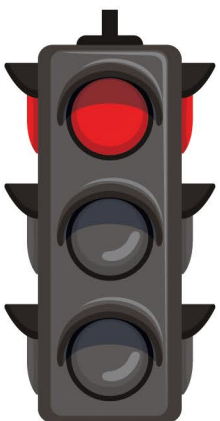
Clinicians **should** perform:

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



Clinicians **may** consider:

- Strength training at  $\geq 70\%$  1 rep max
- Circuit training, cycling or recumbent stepping at 75-85% HR<sub>max</sub>
- Balance training with virtual reality



Clinicians **should not** perform:

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