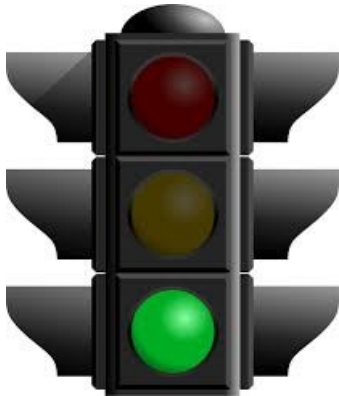
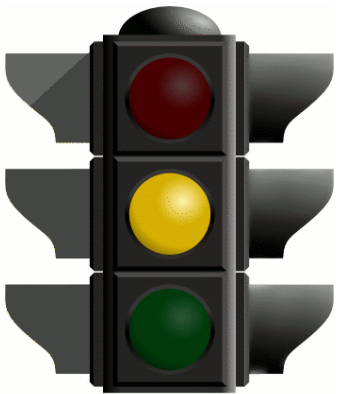


Clinical Practice Guidelines for Improving Walking Function in Ambulatory Chronic CVA, iSCI, TBI



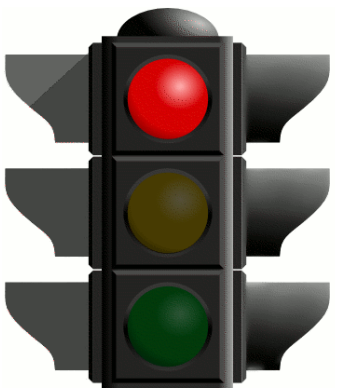
Clinicians **should** perform:

- 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_{max}
- Balance training with virtual reality



Clinicians **should not** perform:

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