



## ANPT 2021 President’s Message: Moving Forward

“...Emerging data also suggest allowing, or even imposing, movement errors and enhancing task difficulty and variability can influence walking ability.”<sup>1</sup>

Changing how we treat our patients is not easy! Especially when we have to do things differently from what we learned or have done in the past...how do we do that? Reframing how we think about providing more appropriate levels of challenge to our patients can be accomplished through simple substitutions/changes in your practice and can help us all in our efforts in “Moving Forward”. The Moving Forward Taskforce has compiled these suggestions that are quick, easy changes to make in your practice.

### Try This...

### Instead of ...

<ul style="list-style-type: none"> <li>◆ Allowing your patient to move and make/experience mistakes in their movement or balance and provide only the additional assistance they need to be safe.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Focusing on perfect practice or errorless learning.</li> <li>◆ Facilitating normal movement with activities.</li> </ul>
<ul style="list-style-type: none"> <li>◆ Working on more complex walking tasks (example: sideways, backwards, over obstacles), even if your patient is still requiring substantial assistance to transfer, stand or walk on level surfaces providing additional assistance they need to be safe.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Working on sitting and standing activities if your patient’s goals are to improve their walking.</li> <li>◆ Waiting until your patient reaches supervision or better level with walking before challenging walking balance with activities like obstacle negotiation.</li> </ul>
<ul style="list-style-type: none"> <li>◆ Spending more time on walking in varying contexts to enhance motor learning. <i>Examples:</i> <ul style="list-style-type: none"> <li>◆ Challenging slowed walking speed by having the patient walk faster than comfortable.</li> <li>◆ Challenging limb clearance by having the patient step over higher than usual obstacles.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>◆ Getting good at walking forwards on level surfaces before adding other directions (<i>ex: backwards</i>) or challenges (<i>ex: uneven surfaces, narrow base of support walking</i> ).</li> </ul>

<sup>1</sup>Scheets PL, Hornby TG, Perry SB, et al. Moving Forward. J Neurol Phys Ther. 2021;45(1):46-49.