

Improving Patients Walking: Posture and Movement Considerations for Maximising Potential for Recovery in Locomotion.

Applying Bobath Principles to Enhance Walking and Locomotion in Neurological Rehabilitation linking theory with practice.

Restoring the ability to walk is a principal objective in the rehabilitation of stroke patients. Current clinical practice frequently emphasises improving aerobic fitness and repetitive stepping activities, often incorporating gait trainers or body weight support as necessary, alongside the provision of appropriate equipment. However, movement strategies developed under this model may frequently lead to the adoption of compensatory techniques, rather than facilitating true recovery.

Emerging evidence indicates that effective walking recovery requires the integrated functioning of sensory, motor, balance, and coordination systems, and underscores the importance of recognising the distinctive challenges faced by each patient. This course is designed to offer a structured framework for identifying individual problems and addressing them through the application of contemporary theory, linking it with real-world clinical practice.

Learning Objectives:

By the end of the course, the participants will be able to:

- Identify and explain the key biomechanical and neuromuscular factors that contribute to efficient human walking. Understand how different presentations can disrupt these elements and affect a person's gait.
- Comprehend how neurophysiological systems control posture through both feedforward (anticipatory) and feedback (reactive) mechanisms. Consider how this knowledge can be used to support optimal recovery of walking ability.
- Apply knowledge of neural control and biomechanics of gait to clinical decision-making. Use this understanding to guide assessment and treatment strategies for patients with neurological conditions.
- Develop skills in analysing and facilitating movement to support recovery of walking. Practise and apply these skills and link them to your clinical environment to enhance patient outcomes.
- Demonstrate advanced clinical reasoning in the assessment, treatment, and management of neurological patients. Utilise the Model of Bobath Clinical Practice (MBCP) as a framework for this process.
- Explore practical approaches to increase the intensity of practice and promote the transfer of movement skills to everyday activities. Address real-life challenges faced in rehabilitation settings.