



**Introduction to Locomotor Training**  
**Frazier Rehab Institute**

**Locomotor Training Course: Day 1 Friday**

	Group A	Group B	Volunteer Info/Discussion Lead
5:30pm- 6:00pm <b>11<sup>th</sup> Floor Gym</b>	Arrive for Introductions, Course goals- overview of the Weekend		(Flip chart/markers)
6:00pm-6:30pm	Non-Disabled Training/Practice	Practice Harnessing	
<b>6:15pm</b>	<b>Volunteer #1 arrive</b>		
6:30pm-7:00 pm	Volunteer #1: Treadmill *Instructors will check ability to match. *Please video for review on Day 2	Treadmill (Non-Disabled Training/Practice)	
7:00pm-7:30pm	Practice Harnessing	Volunteer #1: Treadmill *Instructors will check ability to match. <b>*Please video for review on Day 2</b>	

## Locomotor Training Course: Day 2 Saturday

	Group A	Group B	Volunteer Info /Discussion Lead
8:30am-9:00am <b>11<sup>th</sup> Floor Gym</b>	Locomotor Training Principles		(Flip chart/markers)
<b>8:45am</b>	<b>Volunteer #1 arrives</b>		
9:00am- 9:30am	Volunteer 1: Treadmill	Video Review (from Day 1)	
9:30am- 10:00am	Video Review	Volunteer #1: Treadmill	
<b>9:45am</b>	<b>Volunteer #2 arrives</b>		
10:00am-10:30am	Volunteer #2: Treadmill	Video Review	
10:30am- 11:00am	Video Review	Volunteer #2: Treadmill	
<b>10:45am</b>	<b>Volunteer #3 arrives</b>		
11:00am-11:30am	Volunteer #3: Treadmill	Video Review	
1130:am- 12:00pm	Video Review	Volunteer #3: Treadmill	
12:00pm-12:30pm	NRS Overview- All		
12:30pm-1:00pm <b>Board Room- 15<sup>th</sup> Floor</b>	<b>Lunch Delivered</b>		
<b>12:45pm</b>	<b>Volunteer #4 arrives</b>		
1:00pm-1:30pm	Volunteer #4: Treadmill	Scientific Foundations Lecture (Board Room)	Projector
1:30pm-2:00pm	Scientific Foundations Lecture (Board Room)	Volunteer #4: Treadmill	Projector
<b>1:45pm</b>	<b>Volunteer #5 arrives</b>		
2:00pm-2:30pm	Volunteer #5: Treadmill	Discussion LT Session	
2:30pm-3:00pm	Discussion: LT Session	Volunteer #5: Treadmill	
<b>2:45pm</b>	<b>Volunteer #6 arrives</b>		
3:00pm-3:30pm	Volunteer # 6: Treadmill	Video Review	
3:30pm-4:00pm	Video Review	Volunteer #6: Treadmill	
4:00pm-4:30pm	Group Review of NRS with Volunteer #6, Q+A		
4:30pm-5:00pm	Discussion, Q &A		All Instructors

## Locomotor Training Course: Day 3 Sunday

8:15am-9:00am <b>11<sup>th</sup> Floor Gym</b>	Recovery Phases of LT (Include Evaluation) - ALL		(Flip Chart/Markers)
	<b>Group A</b>	<b>Group B</b>	
<b>8:45 am</b>	<b>Volunteer #1 arrives</b>		
9:00am- 9:30am	Volunteer #1: Treadmill	Coordination	(Flip Chart/Markers)
9:30am- 10:00am	Coordination	Volunteer #1: Treadmill	(Flip Chart/Markers)
<b>9:45 am</b>	<b>Volunteer #2 arrives</b>		
10:00am-10:30am	Volunteer #2: Treadmill NRS-TM (step retrain, step adapt, stand adapt)	Case Examples	Projector
10:30am- 11:00am	Case Examples	Volunteer #2: Treadmill NRS-TM (step retrain, step adapt, stand adapt)	Projector
11:00am-11:30am <b>Board Room</b>	Progression - ALL		(Flip Chart/Markers)
11:30 am-12:15pm <b>Board Room</b>	<b>Lunch Delivered</b> <b>Q&amp;A Time</b>		
<b>12:00pm</b>	<b>Volunteer #3 arrives</b>		
12:15pm-12:45pm	Volunteer #3: Treadmill	Assistive Devices – As NeuroRecovery Tools	(Walkers, Poles, BWS/Walker, Forearm crutches – Flip. Chart/Markers)
12:45pm-1:15pm	Assistive Devices – As NeuroRecovery Tools	Volunteer #3: Treadmill	
<b>1:00pm</b>	<b>Volunteer #4 arrive</b>	<b>Volunteer #5 arrive</b>	
1:15pm-1:50pm	Vol. #4: NRS Overground	Vol. #5: NRS Overground	
1:50pm-2:25pm	Vol. #4: NRS-TM and Rx	Vol. #5: NRS-TM and Rx	
2:25pm-3:00pm	Overground	Overground	
3:00pm-3:30pm	Discussion, where do you go from here? Did we meet our goals?		ALL participants and Instructors