



Integrating Locomotor Training Principles to Practice

Parkwood Institute

St. Joseph's Health Care London

February 28 – March 2, 2025

Instructors	Role	Contact
Anthony Gallahar	Senior Instructor	
Liz Watson	Senior Instructor	
Physiotherapist (Friday) Physio Student (Sat – Sun)	Course Assistant/Advocate Parkwood Institute	
Katelyn Brockman	NeuroRecovery Learning Operations Manager	

Day 1 Friday, February 28, 2025

Introductory

Time	Activity	Notes
8:30am-9:00am	Arrive for Introductions, Course goals- overview of the Weekend	Flip chart/markers
9:00-9:45am	Practice Harnessing/Non- Disabled Training Practice	Matcher can be ND
9:30am	<i>Volunteer #1 Arrives</i>	Volunteer #1
9:45-10:45am	Volunteer #1: Treadmill	VIDEO recordings needed for Review
10:45-11:15am	Locomotor Training Principles	AG/Liz
11:00am	<i>Volunteer #2 Arrives</i>	Volunteer #2
11:15-12:15pm	Volunteer #2: Treadmill	VIDEO recordings needed for Review



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12:15-12:30pm	VIDEO REVIEW	
12:30-1:00pm	LUNCH	
12:45pm	<i>Volunteer #3 Arrives</i>	
1:00-2:00pm	Volunteer #3: Treadmill	
2:00-2:30pm	Recovery Phases of LT/Progression	Liz/AG
2:15pm	<i>Volunteer #4 Arrives</i>	
2:30-3:15pm	Volunteer #4: Treadmill	
3:15-3:30pm	Coordination	AG/Liz
3:15pm	<i>Volunteer #5 Arrives</i>	
3:30-4:15pm	Volunteer #5: Treadmill	
4:15-4:45pm	Overground with Vol. #5	
4:45-5:15pm	Wrap-up, Discussion, Q&A	AG/Liz What to expect Day 2 & 3

Day 2 Saturday, March 1, 2025

Time	Activity	Notes
8:30-9:00am	Arrive for Introductions, Course goals- overview of remainder of weekend	Flip chart/Whiteboard NRS overview
8:45am	<i>Volunteer #6 Arrives</i>	
9:00am-10:30am	Volunteer #6: Conduct NRS, Phase, Goal Setting, and LT Session: Treadmill, Overground, Community Integration	2 Groups Group 1-TM Group 2-OG
10:30 – 11:00am	Scientific Foundation Lecture	AG/Liz
10:45am	<i>Volunteer #7 Arrives</i>	

11:00-12:30pm	Volunteer #7: Conduct NRS, Phase, Goal Setting, and LT Session: Treadmill, Overground, Community Integration	2 Groups (switch)
12:30-1:15pm	LUNCH + Discussion	3 Transcutaneous Articles? Gerasimenko et al. 2015, Rath et al. 2018, Keller et al. 2022
1:00pm	<i>Volunteer #8 Arrives</i>	
1:15 – 2:45pm	Volunteer #8: Conduct NRS, Phase, Goal Setting, and LT Session: Treadmill, Overground, Community Integration	2 Groups
2:30PM	<i>Volunteer #9 Arrives</i>	
2:45 – 4:15pm	Volunteer #9: Conduct NRS, Phase, Goal Setting, and LT Session: Treadmill, Overground, Community Integration	2 Groups
4:15 – 4:45pm	Article Discussion #4: Angeli et al. 2018	Liz/AG
4:45-5:00pm	Wrap Up, highlights of the day, Goals/Expectations for Day 3	Liz/AG

Day 3 Sunday, March 2, 2025

Time	Activity	Notes
8:30-9:00am	Case Study:	Liz (Projector)
8:45am	<i>Volunteer #10 Arrives</i>	
9:00am-10:30am	Volunteer #10: Conduct NRS, Phase, Goal Setting, and LT Session: Treadmill,	2 Groups



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	Overground, Community Integration	
10:30 – 11:00am	Article Discussion Kleim et al. 2018	Liz/AG
10:45am	<i>Volunteer #11 Arrives</i>	
11:00-12:30pm	Volunteer #11: Conduct NRS, Phase, Goal Setting, and LT Session: Treadmill, Overground, Community Integration	2 Groups
12:30-1:15pm	LUNCH	
1:00pm	<i>Volunteer #12 Arrives</i>	
1:15 – 2:45pm	Volunteer #12: Conduct NRS, Phase, Goal Setting, and LT Session: Treadmill, Overground, Community Integration	2 Groups
2:45 – 3:15PM	Assistive Devices Discuss LT Session	AG/Liz Split groups
3:15-4:00 PM	Final Wrap-Up, where do we go from here?	AG/Liz Strategies for maintaining recovery driven practice ongoing