



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	
Katelyn Brockman	NeuroRecovery Learning Operations Manager	

Physiotherapists

Course Participants	Contact

Physiotherapists

[illegible]

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 ND AG harness Liz
9:30am	<i>Volunteer #1 Arrives</i>	Volunteer #1
9:45-10:45am	Volunteer #1: Treadmill	VIDEO recordings for Review
10:45-11:15am	Locomotor Training Principles	AG/Liz Flip chart/Whiteboard
11:00am	<i>Volunteer #2 Arrives</i>	Volunteer #2
11:15-12:15pm	Volunteer #2: Treadmill	VIDEO recordings for Review
12:15-12:30pm	VIDEO REVIEW	
12:30-1:15pm 12:15 delivery	LUNCH Barburrito	12:45 ~ Brief NRS explanation What to expect Day 2 &3 (Bring in Saturday and Sunday group)
1:00 pm	<i>Volunteer #3 Arrives</i>	
1:15-2:15pm	Volunteer #3: Treadmill	
2:15-2:45pm	Recovery Phases of LT/Progression	Liz/AG Flip chart/Whiteboard
2:30pm	<i>Volunteer #4 Arrives</i>	
2:45-3:30pm	Volunteer #4: Treadmill	
3:30-3:45pm	Coordination	AG/Liz Flip chart/Whiteboard

3:30pm	<i>Volunteer #5 Arrives</i>	
3:45-4:30pm	Volunteer #5: Treadmill	
4:30-5:00 pm	Overground with Vol. #5	
5:00-5:15pm	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 Tahini's	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,	2 Groups

	Overground, Community Integration	
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, Overground, Community Integration	2 Groups
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,	2 Groups

	Overground, Community Integration	
12:30-1:15pm	LUNCH Qdoba	
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? Strategies for maintaining recovery driven practice ongoing	AG/Liz