Introduction to Locomotor Training

University of Texas Health Campus
7979 Wurzbach Road
San Antonio, TX 78229
August 22 – 24, 2025

Instructors	Role	Contact
Liz Ardolino	Senior Instructor	
Darryn Atkinson	Lead Instructor	
Kelly Dougherty	Lead Instructor	
Selina Morgan	Instructor, Matcher	
Katelyn Brockman	NeuroRecovery Learning Operations Manager	

Locomotor Training Course: Day 1 Friday August 22nd

	Group A	Group B	Volunteer Info/Discussion Lead
5:30pm- 6:00pm	Arrive for Introductions, Course goals- overview of the Weekend		
6:00pm-6:30pm	Non-Disabled Training/Practice	Practice Harnessing	
6:15pm	*Volunteer #1 arrive -*		
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)	Matcher = non-disabled
7:00pm-7:30pm	Practice Harnessing	Volunteer #1: Treadmill *Instructors will check ability to match. *Please video for review on Day 2	

Locomotor Training Course: Day 2 Saturday August 23rd

	Group A-	Group B-	Volunteer Info /Discussion Lead
8:30am-9:00am	Locomotor Training Principles		
8:45am	***Volunteer #2 arrives -***		
9:00am- 9:30am	Volunteer 2: Treadmill	Video Review (from Day 1)	
9:30am- 10:00am	Video Review	Volunteer #2: Treadmill	
9:45am	***Volunteer #3 arrives -***		
10:00am-10:30am	Volunteer #3: Treadmill	Video Review	
10:30am- 11:00am	Video Review	Volunteer #3: Treadmill	
10:45am	***Volunteer #4 arrives -***		
11:00am-11:30am	Volunteer #4: Treadmill	Video Review	
1130:am- 12:00pm	Video Review	Volunteer #4: Treadmill	
12:00pm-1:00pm	Lunch & NRS Overview		
12:45pm	***Volunteer #5 arrives -***		
1:00pm-1:30pm	Volunteer #5: Treadmill	Scientific Foundations Lecture	SWITCH teams to TM
1:30pm-2:00pm	Scientific Foundations Lecture	Volunteer #5: Treadmill	
1:45pm	***Volunteer #6 arrives –***		
2:00pm-2:30pm	Volunteer #6: Treadmill	Discussion: LT Session	
2:30pm-3:00pm	Discussion: LT Session	Volunteer #6: Treadmill	
2:45pm	***Volunteer #7 arrives -***		
3:00pm-3:30pm	Volunteer # 7: Treadmill	Video Review/Coordination Discussion	
3:30pm-4:00pm	Video Review/Coordination Discussion	Volunteer #7: Treadmill	
4:00pm-4:30pm	Group Review of NRS with Volunteer #7, Q+A		
4:30pm-5:00pm	Discussion, Q &A		All Instructors

Locomotor Training Course: Day 3 Sunday August 24th

8:15am-9:00am	Recovery Phases of LT (Include Evaluation) - ALL		
	Group A-	**Group B-**	
9:00am	***Volunteer #8 arrives -***		
9:00 – 9:15am	**Emergency Down Demo**		
9:15 – 9:45am	Volunteer #8: Treadmill	NRS TM Demo	
9:45am- 10:15am	NRS TM Demo	Volunteer #8: Treadmill	
10:00am	***Volunteer #9 arrives -***		
10:15am-10:45am	Volunteer #9: Treadmill NRS-TM (step retrain, step adapt, stand adapt)	Case Examples –	
10:45am- 11:15am	Case Examples	Volunteer #9: Treadmill NRS-TM (step retrain, step adapt, stand adapt)	
11:15am-11:45am	Coordination		
11:45 am-12:15pm **Board Room**	Lunch		
12:00pm	***Volunteer #10 arrives -***		
12:15pm-12:45pm	Volunteer #10: Treadmill	Assistive Devices – As NeuroRecovery Tools	(Walkers, Poles, BWS/Walker, Forearm crutches)
12:45pm-1:15pm	Assistive Devices – As NeuroRecovery Tools	Volunteer #10: Treadmill	
1:00pm	***Volunteer #11 arrive -***	***Volunteer #12 arrive -***	
1:15pm-1:50pm 9th floor gym	Vol. #11: NRS Overground	Vol. #12: TM NRS	All in gym
1:50pm-2:25pm	Vol. #11: NRS-TM and Rx	Vol. #12: NRS Overground	
2:25pm-3:00pm	Overground	Overground	
3:00pm-3:30pm			ALL participants and Instructors