



Gait and Falls

PSP/CBD/Related Disorders

Helpful Hints

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Goals of This Webinar

- ❑ Identify changes occurring in the body that lead to gait problems and falls
- ❑ Review Gait Safety
- ❑ Discuss Fall Prevention Techniques
- ❑ Learn New Movement Techniques
- ❑ Review Assistive Devices
- ❑ Discuss Importance of Physical Activity



Causes of Gait Changes & Falls

- ❑ Rigid/Stiff Muscles and Joints
- ❑ Shuffling steps
- ❑ Narrow base of support (feet too close)
- ❑ Slowed or absent balance reactions
- ❑ Slowness of Movement
- ❑ Visual Changes
 - Difficulty with scanning your surroundings
 - Double vision
- ❑ Loss of Coordination



Causes of Gait Changes & Falls

- ❑ Freezing
- ❑ Blurred vision
- ❑ Orthostatic hypotension – sudden blood pressure drop
- ❑ “Alien limb”
- ❑ Myoclonus – quick, jerky movements
- ❑ Sensation changes
- ❑ Impaired safety judgment

Common Places Falls Occur

- ❑ Walking
- ❑ Turning
- ❑ On Stairs or Curbs
- ❑ While Reaching
- ❑ Transferring:
 - In & out of bed
 - In & out of the shower/bath tub
 - In & out of the car
 - Up & down from a chair or the toilet





Tips for Walking Safely

- ❑ Slow down & concentrate
 - You must now “tell” your body what to do
 - If you are unable to do this, it is important to have a care partner remind you
- ❑ To avoid shuffling
 - Focus on landing with the heel hitting down first, not the toes
- ❑ Do one thing at a time
 - Do not reach for the refrigerator door while walking toward it







Tips for Walking Safely

- ❑ Keep your hands free
- ❑ Be aware of changes in the floor surface
 - Tilt your head down to look at the floor
 - Stop before the surface change and step over the threshold

Assistive Device Golden Rule

If you find yourself reaching out to touch walls, furniture, friends or care partners (or they are reaching to you) while walking— you are in need of an assistive device.

Walking Devices

Four-Wheeled Rolling Walker with Brakes



Item# 553019

- Not covered by Medicare, but may be covered by other insurances
- Can place weight in the front to help with balance
- Make sure to be assessed by a therapist before purchasing
- May not help prevent all falls

U-Step Rollator



- ❑ www.ustep.com
- ❑ 1-800-558-7837
- ❑ Partially covered by Medicare & other insurances
- ❑ Can accommodate someone up to 6''4'
- ❑ Large device – may not fit well in small home



Fellow Classic Rollator

www.humancare.se



- 918-627-6087
- Swedish made
- Only US distributor is in Oklahoma
- Not covered by Medicare, may be partially covered by other insurances

Getting Out of Bed

- Bend up knees
- Roll completely on your side
- Grab rail
- Allow your legs to drop off of the side of the bed...
- While you push yourself up sideways into sitting
- If help is needed, care partner can lift under shoulder  & push down at outer thigh 



Getting In & Out of the Bathtub



Tub Bench or Shower Chair

- Allows you to sit on chair & then swing legs into the tub
- NOT Covered by Medicare
- Medical supply stores, catalogs & larger pharmacies

Safety Grab Bars

- Purchase through a Medical Equipment Company, Home Depot, Lowe's
- Place in & out of shower/tub
- Surround toilet
- Replace towel racks



Bathroom Safety



Getting In & Out of the Car



To Safely Transfer

- Slide seat back
- Back into car & then slide legs in, reverse to get out
- Plastic bag on seat can make moving on fabric seats easier
- Place cushion on low seats to help with standing

Getting In & Out of the Car

Handy Bar

– Allows for a safe
place to hold

www.handybar.com

888-738-0611



Sit to Stand Transfer



Not leaning forward enough will cause you to fall back in to the chair, or to have to hold yourself up with your arms while you rearrange your feet.

Sit to Stand Transfer

- Scoot to front of chair
- Open legs wide
- Pull feet back under the knees
- Lean forward – “Nose over Toes”
- Push forward until butt lifts off of chair
- Then push up to stand



Getting Up From a Chair



A Motorized Lift Chair

- Easy one-touch use
- Prescription from MD required
- The cost of the lift unit IS covered by Medicare
- The chair itself is NOT covered
- Check web-sites & classified ads

Toilet Transfers

Three in one commode



- 1. Use at bedside
- 2. Place over toilet to raise seat height & have hand rails
- 3. Place in shower stall
- Adjustable height makes sitting and standing easier and safer
- IS covered by Medicare & most insurance plans

New Movement Technique

- ❑ Stand to side of oven, dishwasher, fridge & doors to open
- ❑ “Power Stance”
- ❑ Steady self with one hand
- ❑ Shift weight from one foot to the other while opening door





Fall Prevention Tips

- Scan your environment by tilting your head down in order to look down
- Watch out for pets, toys, cords, etc.
- Remove throw rugs
- Rearrange furniture to allow for more space
- Keep commonly used items within easy reach
- Keep areas near doorways clutter-free
- Install handrails where able (near doorways, all stairs, in halls, etc)



Protection Products/Devices

If falls continue no matter what we do, then safety gear may be the answer...

Helmets

- <http://www.cpsc.gov/CPSC/PUBS/349.pdf> (US Consumer Safety Product Commission brochure)
- www.headsaver.com.au
- Local sporting goods store

HipSaver® (shorts with hip and tailbone pads)

- www.hipsaver.com
- www.alimed.com or 800-225-2610



Protection Products/Devices

Chair or Bed Alarm

- Posey Sitter II® Alarm Unit
- www.posey.com or 800-447-6739
- Features different alarms or voice recording when person moves from chair or bed

Wheelchair or Geriatric Recliner Chair

- Contact local PT/OT or Rehabilitation Center to find a “Seating Clinic” or Wheelchair specialist

Why Exercise?



- Has positive effects on your sense of well-being
- Helps muscles stay strong & joints stay flexible, which makes mobility easier
- Can improve your mobility & balance
- Can easily be performed at home



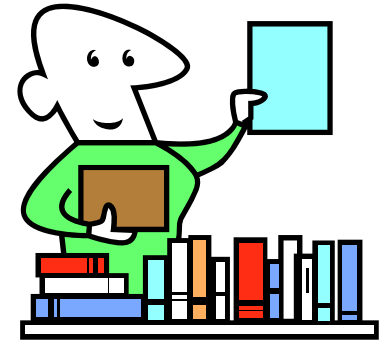
Exercise Examples

- ❑ Stretching/Flexibility
- ❑ Strengthening
- ❑ Relaxation
 - Breathing Ex., Yoga, Massage, Music, Tai Chi, Meditation

Many exercises can be performed in sitting or lying positions

- ❑ Conditioning/Aerobic
 - Bike, Swimming/Water walking, Dancing, Chair Aerobics, Walking
- ❑ Balance/Gait Training

Rehabilitation Strategies



Current Research is Supporting

- Balance exercises
- Balance exercises along with eye movement training
- Treadmill and weight-supported treadmill training
- Group exercise programs

Exercise needs to be ongoing throughout the course of the disease. Delays in the need for wheelchairs, less falls, improvements in gait & balance, and reduced gait changes are possible.

Walking Devices

If your Insurance will not cover a walker...

1800Wheelchair.com

- 1-800-320-7140

Check with local church, synagogue, Rotary Club, VFW, etc.

Classifieds

Medical Equipment Company

★★ CLOSE OUT SALE ★★
Chairs, \$25-\$50. (2) 4 & 5
drawer file cabinets, \$25 &
up ... Desks, \$50 & \$350.
Conference table, \$200.
4 drawer Lateral file cabinet.
\$200. All like new! 561-8888

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Hood, \$700. Commercial
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Garage Sales
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28, 9-3. 1st Unitarian

8010 S 154TH ST.
desk, metal desk,
dier, hike, bike.

How Can I Get More Help with Finding Assistive Devices?

RESNA (*Rehabilitation Engineering & Assistive Technology Society of North America*)

- ❑ www.resna.org
- ❑ “Projects”
- ❑ “Statewide AT Program”
- ❑ “State AT Program” or “Device Loan”



NATTAP (*National Assistive Technology Technical Assistance Partnership*)

- ❑ Locate programs available in each state
- ❑ 703-524-6686



How Can I Find Someone to do Home Modifications?

Certified Aging-In-Place Specialist (CAPS)

- ❑ Certified specialist through *The National Association of Home Builders*
- ❑ Remodelers, Contractors, Interior Designers, Therapists
- ❑ 800-368-5242
- ❑ www.nahb.org
 - Resources – Online Directories – Find a CAPS



How Can PT and OT Help?

- ❑ Assess & treat functional mobility & ADL abilities
- ❑ Perform home safety assessments
- ❑ Develop new & safer ways to perform activities
- ❑ Train care-partners to safely assist
- ❑ Recommend appropriate adaptive equipment for the home
- ❑ Recommend appropriate mobility devices

Locating a PT or OT

■ American PT Association

- 1-800-999-2782
- www.apta.org
- “Find a Certified Specialist (Neurologic or Geriatric)”

■ American OT Association

- 301-652-2682
- www.aota.org

■ LSVT® BIG

- 888-438-5788
- www.lsvtglobal.com
- “Find a Clinician”





Locating a PT or OT

■ Call Local Outpatient Rehab Centers

- Generally those associated with Hospitals (Regular & Rehabilitation), & non-sports oriented centers
- Ask if they have therapists who have worked with PSP or those who deal with neurological & balance problems

■ We Move

- www.wemove.org
- “Find a Doctor” – Physical Medicine & Rehab

■ National Parkinson Foundation

- 800-327-4545
- www.parkinson.org
- Allied Team Training (ATTP)
- List of Graduates



References

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Balance and eye movement training to improve gait in people with progressive supranuclear palsy: quasi-randomized clinical trial. PTJournal, 2008 December;(88)12:1460-1473.

Thank you for your time and
attention!

Please feel free to contact me

with any questions at

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