

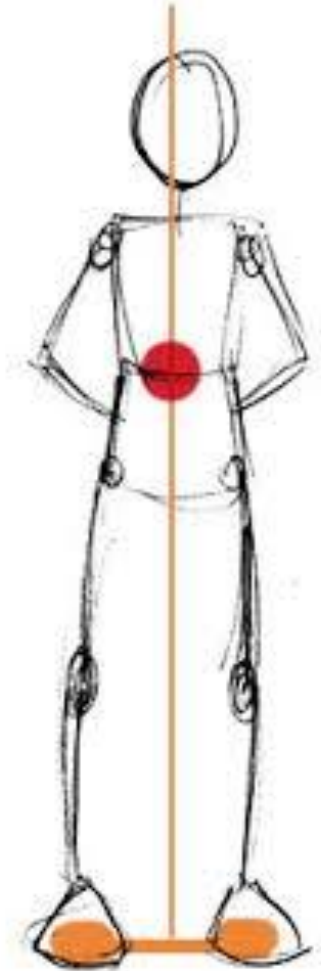
Community Stroke Program -Beyond the Berg

PROGRESSION
TOWARDS
COMMUNITY
INTEGRATION

Balance

Balance is the ability to maintain the body's centre of mass over its base of support. (Shumway Cook, 2007)

Complex motor skill demanding interaction
from multiple sensory and motor processes.



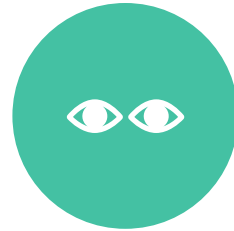
Stroke Impairments Affecting Balance



MOTOR



SENSORY



PERCEPTUAL,
SPATIAL



ALTERED
COGNITION



MEDICAL

How To Measure Balance

Berg Balance

Community Mobility and Balance Scale

Mini BESTest (Balance Evaluation Systems Test)

Tinetti Balance and Gait Ax

TUG (Timed Up and Go)

REACH Test

Not just ticking boxes
and recording a number



Observe and evaluate
the quality of
movement and the
balance strategies used.



Identify the
impairments preventing
task completion and
quality movements.



Treat the impairments.

Qualitative Analyses



Foot and Ankle

Mobilize foot and ankle.

Desensitize plantar foot.

Provide sensory input to foot and toes.



Pelvis Trunk Shoulder Girdle

Posterior Pelvic Tilt (PPT), lower abdominals

Anterior rib cage down and back

Shoulder proximal control



Hip

Activate in all planes

Set Functional Goals Important to the Patient





High Level Balance Strategies

1. Superimpose challenges on gait including 'step and turn'.
2. Change environment (terrain, distraction level)
3. Practice vertical transfer indoors/outdoors.
4. Include full body movements such as PWR moves (activator poles/no poles)

ANY Position

PWR!Moves™ at a Glance

PWR!Up

Posture



PWR!Rock

Weight Shift



PWR!Twist

Trunk Rotation



PWR!Step

Transition



Low Floor | Prone

Low Floor | Supine

High Floor | All 4's

Sitting

Standing

High Level Balance Strategies

5. Stair progression without hand holds

6. Set up balance circuit training in clinic or home to include endurance.

circuit program Fitness and Mobility Exercise Program (FAME) developed at UBC.

*pdf instructor manual available

7. Virtual Reality

Grading Tasks

Challenge your patient.

Watch for unwanted compensatory equilibrium reactions, increases in distal tone brought on by too high of a demand.

Change the program.



Teamwork

PT/PTA and OT/OTA model

Frequent joint sessions to re-evaluate and upgrade programming

Feedback from assistants is valuable

Do the Real-World Task

If the patient's goal is to...



navigate the soccer field to watch grandchildren play



walk the dog



meet a friend at the coffee shop



ride the bus



grocery shop



return to community exercise program

DO IT WITH THEM!

Canadian Best Practice Guidelines

[https://www.strokebestpractices.ca/
recommendations/stroke-
rehabilitation/mobility-balance-and-
transfers](https://www.strokebestpractices.ca/recommendations/stroke-rehabilitation/mobility-balance-and-transfers)

Let's Connect!

Field Experience Opportunities supported by SNSEO:

<https://www.strokenetworkseo.ca/best-practice-education/education-opportunities#section-Individual-or-Group-Field-Training--Apply-Now>