

TREATMENT PROGRESSION: note- you may not have to use all 8 boxes across, as you 'dissolve' the impairment, you may switch to a different focus

Beginning Functional Status	Main Impairments	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	FUNCTIONAL GOAL related to MAIN IMPAIRMENT * Could be one goal or multiple goals
Unable to sit on edge of bed alone, falls repeatedly to left, resists attempts from therapist to correct to midline	Resistance to w/s to right of midline in sitting with short right side trunk, long, inactive left side lateral trunk	<p>Goal: L lateral trunk activation</p> <p>2 up/ 2 down: PNF in supine with increased manual resistance</p> <p>PNF with rhythmic stabilization</p> <p>PNF combination of isotonic</p> <p>PNF slow reversal</p> <p>PNF rhythmic initiation/ AAROM</p>	<p>Goal: align through activation of L side trunk in supine</p> <p>2 up/ 2 down: Diagonal curl up</p> <p>Same as below with T band resistance superiorly</p> <p>Supine activation (hook lying touch each ankle)</p> <p>Same as above with low friction fabric under body/ AAROM</p> <p>Truncal Isometrics</p>	<p>Goal: L trunk activation in quadruped</p> <p>2 up/ 2 down: quad alt bring knee to elbow</p> <p>Quadruped alt bring knee to chest</p> <p>Quadruped activation with dog wagging tail</p> <p>AA tail wagging to L</p> <p>Isometric push into PT hand at hips or shoulder</p>	<p>Goal: L trunk activation in R side supported sitting</p> <p>2 up/ 2 down: Maintenance of postural alignment with diagonal reaching across the body with the R UE</p> <p>Maintenance of lengthened R trunk and shortened L trunk with minimal support on R side</p> <p>Same as below with reaching up with R hand and down with L hand (add L cervical rotation)</p>	<p>Goal: activate in sitting with no support</p> <p>2 up/ 2 down: Take off theraband with one hand while sitting</p> <p>Pt able to deposit coin on toilet in multiple directions</p> <p>Sitting lift up each butt cheek</p> <p>Reaching/tapping in sitting outside BOS</p> <p>Isometrics holds against resistance at shoulders/ elbows</p>	<p>Goal: Weight shift in standing</p> <p>2 up/ 2 down: SLS eyes closed/foam SLS Tandem stance B stance with wedge under L foot without support B stance with wedge under L foot with support of cane</p>	<p>Goal: Ambulation in different environments with and without devices</p> <p>2 up/ 2 down: Ambulation without device in busy environment Ambulation without device Ambulation with device over/ around obstacles in busy environment Multidirectional Ambulation with device Ambulation on flat surface with device</p>	Ambulate with unilateral device 25 feet with supervision	

					<p>Same as below without right support have patient reach up with R hand</p> <p>Wedge under left butt and right support, have pt try to lift reach up with R hand</p>				
	<p>Active resistance of right plantar-flexors in standing preventing achievement of terminal stance right for effective swing left</p>	<p>Goal: Align</p> <p>2 up/ 2 down: Long duration staggered stance with R ball of foot elevated</p> <p>Long duration staggered stance</p> <p>Long duration supported standing at counter</p> <p>Long duration sitting staggered feet, R foot under seat</p>	<p>Goal: Activate ant tib</p> <p>2 up/ 2 down: AROM in standing</p> <p>AROM against gravity in sitting</p> <p>AAROM with towel</p> <p>Estim with AAROM</p> <p>Activate anterior tib with Estim and PROM</p>	<p>Goal: Activation of Dorsiflexors in max DF position</p> <p>2 up/ 2 down: Control full step forward and back</p> <p>Staggered stance with R foot behind - use dorsiflexors to pull into more CKC DF and PF to push back to neutral (contract relax)</p> <p>staggered stance with R foot behind - use dorsiflexors</p>	<p>Goal: Positioning of terminal stance</p> <p>2 up/2 down: Step up to endpoint on corner of parallel bars with diagonal reaching</p> <p>Step up to endpoint on corner of parallel bars</p> <p>Step to corner of parallel bars</p> <p>Positioned in corner of parallel bars with LLE OKC work</p> <p>Positioned in corner of</p>	<p>Goal: Ambulation with reduced degrees of freedom</p> <p>2 up/ 2 down: Ambulation without AD and facilitation of terminal stance</p> <p>Ambulation without AD and ankle ace wrapped in DF and facilitation of terminal stance</p> <p>Ambulation with SPC and ankle ace wrapped in DF and facilitation of terminal stance</p>	<p>Goal: Ambulation with biofeedback</p> <p>2 up/ 2 down: Reciprocal stepping in parallel bars to lateral end points</p> <p>Reciprocal stepping with trunk shortening and lengthening facilitation to end points</p> <p>Step through with hip contacting R end point</p> <p>Step to SLS at lateral endpoint on R</p>		

		Long duration towel stretch		to pull into more CKC DF Sitting with R foot behind R knee - use dorsiflexors to pull into more CKC DF and PF to push back to neutral (contract relax) Sitting with R foot behind R knee - use dorsiflexors to pull into more CKC DF	parallel bars-long duration stretch	Ambulation with RW and ankle ace wrapped in DF and facilitation of terminal stance BWSTT with ankle ace wrapped in DF and facilitation of terminal stance	Positioning with Pt R hip against parallel bars and swing phase stepping motion with LLE.		
	Limited volitional activation and sequencing of activation of left LE in closed chain (MMT 4-5/5)	Goal: Volitional activation in functional pattern using LE PNF 2up/ 2 down: PNF in supine with increased manual resistance PNF with rhythmic stabilization PNF combination of isotonic PNF slow reversal	Goal: Activation with lessened body weight 2 up/ 2 down: Unilateral single leg press on inclined total gym Bilateral squat down and unilateral squat up on inclined total gym Bilateral squat on	Goal: Closed chain volitional activation and sequencing 2up/ 2 down: CKC Terminal knee extension with step up and over CKC terminal knee extension with step to step in front CKC terminal knee extension against	Goal: LE muscular endurance 2 up/ 2 down: Clock balance drills on flat surface SLS on foam SLS on flat surface Tandem stance on foam Tandem on flat surface (add perturbations as needed)	Goal: Gait training/sequencing 2 up/ 2 down: Ambulating with cane and no limiting of degrees of freedom Ambulating with cane and DF assist wrapping Ambulating with cane and theraband for hip and knee flexion assistance and resistance to	Goal: LE strength 2 up/ 2 down: Body weight squat to surface with LLE staggered behind RLE Body weight squat Sit to stand Step ups 8" Step ups front 4"	Goal: LE power 2 up/ 2 down: Step up fast 12" Step up fast 8" Step up fast 4" Sit to stand fast from chair level surface Sit to stand fast from high surface	Goal: initiation, modulation, and termination of LLE CKC activation 2 up/ 2 down: TUG with cognitive task in visually and auditorily busy environment TUG with cognitive task TUG with LRAD in

		PNF rhythmic initiation/AAROM	inclined total gym Bilateral squat on flat total gym Bilateral squat on flat total gym with functional e-stim	theraband resistance CKC terminal knee extension Functional E-stim during CKC Terminal Knee extension		extension of LLE Ambulating with RW and theraband for hip and knee flexion assistance and resistance to extension of LLE Ambulating with BWSTT for sequencing and motor plan of gait			noisy and visually busy environment TUG with LRAD in noisy environment TUG with LRAD in closed environment	
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