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May 2011

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--Mobile PT to Attend third certification course in San Marcos, Texas.

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Mobile Physical Therapy will attend the third of a three course series in late May 2011. The process to attain the credential of "Certified Exercise Expert for Aging Adults" (CEEAA) is to complete formal didactic education, participate in supervised and mentored skills development, home-based reflection, critical thinking, and written and practical exams.

The courses have been held at the campus of Texas State University. The second course covered the beneficial response to exercise for each body system and safe exercise prescription for the aging adult. The third course will include motivational strategies for the older adult exerciser, medication effects on exercise, and nutritional requirements for the aging adult exerciser. Also included is evidence based exercise programs for specific aging populations (such as those with diabetes or obesity).

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--Client of the Month: Jackie



Meet our May client of the month, Jackie. Jackie had a stroke 5 years ago, and unfortunately had a fall last year which broke her ankle.

Jackie has made progress with her walking speed and strength. Jackie's apartment building has a fitness room with a treadmill, a fantastic benefit. And because she works hard during therapy, she can now walk on the

treadmill for 20 minutes! Her resting heart rate (the number of times the heart beats per minute while at rest) has decreased too--this is a sign of improved heart and blood vessel health.

You can find out more about recent research on treadmill training and stroke rehab in the following article.

Great Job Jackie!

--Treadmills and Stroke Rehab



There is a lot of research going on to try to figure out how to help people who have had strokes walk better. Stroke is the leading cause of long-term disability, with less than 50% of survivors being able to walk in the community. Two recent articles (May 2009 and March 2011) look at two different ways of treadmill training in stroke rehab.

The first article looks at unilateral step training on a treadmill. Unilateral step training means that only one (the unaffected or "good") foot is on the moving tread, while the affected (the "bad") foot is stationary just off to the side of the moving tread. This forces the

affected ("bad") foot to hold the body weight with every step. This doubles the amount of weight bearing work the foot has to do.

This study showed that people trained in this way improved their uneven walking pattern and walking speed.

[For an abstract on the article about Unilateral Step Treadmill Training, click here.](#)

The second article looked at increasing treadmill speed and how this affected regular over ground walking speed and walking patterns. The authors concluded faster treadmill training helps to produce a more normal walking pattern after stroke, without increasing abnormal movements.

[For an abstract to the article on differences in gait speed, click here.](#)

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