



Appendix 2 TREATMENT PLANNING GUIDE

Client: _____

Date: _____

Area of dyscontrol (identified from reactive balance assessment)	Treatment suggestions	Additional treatment strategies/comments
<input type="checkbox"/> Failed step reactions – requires external assistance (from the therapist and/or safety harness) to regain stability	<input type="checkbox"/> Start with low-magnitude perturbation, increase magnitude as tolerated <input type="checkbox"/> Consider other problems that contribute, like delayed stepping or no stepping	
<input type="checkbox"/> Does not step when magnitude of perturbation requires a step	<input type="checkbox"/> Instruct client to step when s/he feels unstable <input type="checkbox"/> Start with low-magnitude perturbations <input type="checkbox"/> Start with predictable time/direction of perturbation <input type="checkbox"/> Practice the step prior to perturbation <input type="checkbox"/> Consider other problems that contribute, like unwillingness to step with one limb	
<input type="checkbox"/> Has low foot clearance during reactive steps: foot ‘slides’, or shuffles	<input type="checkbox"/> Use obstacles to encourage a step-over	



Area of dyscontrol (identified from reactive balance assessment)	Treatment suggestions	Additional treatment strategies/comments
<input type="checkbox"/> Demonstrates delayed stepping reaction	<input type="checkbox"/> Instruct client to step as quickly as possible <input type="checkbox"/> Start with predictable time/direction of perturbation <input type="checkbox"/> If delay is with one limb specific (e.g., paretic limb for clients with stroke), have client weight-shift to the opposite limb prior to perturbation	
<input type="checkbox"/> Is unwilling/unable to step with both limbs	<input type="checkbox"/> Block the preferred limb with obstacles, or hand/foot of therapist <input type="checkbox"/> Instruct client to step with non-preferred limb <input type="checkbox"/> Start with predictable time/direction of perturbation <input type="checkbox"/> Time perturbation to coincide with non-preferred leg/foot being un-weighted	
<input type="checkbox"/> Demonstrates multi-step reactions	<input type="checkbox"/> Instruct client to take as few steps as possible <input type="checkbox"/> Instruct client to take long(er) steps <input type="checkbox"/> Choose voluntary tasks that require stepping to targets (step and hold on that spot)	
<input type="checkbox"/> Stands asymmetrically prior to perturbation	<input type="checkbox"/> Instruct client to increase loading on the less-loaded limb <input type="checkbox"/> Consider using video or feedback of stance symmetry	
<input type="checkbox"/> Takes short reactive steps	<input type="checkbox"/> Instruct client to take longer steps <input type="checkbox"/> Step to targets <input type="checkbox"/> Step over obstacles	



Area of dyscontrol (identified from reactive balance assessment)	Treatment suggestions	Additional treatment strategies/comments
<input type="checkbox"/> Attempts to use upper extremity to regain stability	<input type="checkbox"/> Therapist should stand as far away as safely possible <input type="checkbox"/> Instruct to not use reach-to-grasp reactions <input type="checkbox"/> Have client hold object to prevent grasping	
<input type="checkbox"/> Falls laterally on step termination when responding to antero-posterior perturbations*	<input type="checkbox"/> Instruct client to take as few steps as possible <input type="checkbox"/> Start with low-magnitude perturbation <input type="checkbox"/> Try forward/backward perturbations initially with a narrow base of support <input type="checkbox"/> Choose voluntary tasks that require stepping to targets (step and hold on that spot)	
<input type="checkbox"/> Experiences limb collisions when responding to lateral perturbations	<input type="checkbox"/> Instruct client to use side-stepping strategy <input type="checkbox"/> Place large obstacles in front and behind client to deter 'crossover' step reactions*	
<input type="checkbox"/> Is unable to step equally well in all directions	<input type="checkbox"/> Use multi-directional perturbations <input type="checkbox"/> Do more perturbations in the most challenging direction	

*See accompanying videos for more information about these step patterns.