

Home Programs and Barriers

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Home programs

- Reaction speed
- Distraction tolerance
- Pressure tolerance
- Skill and agility
- Strength and power
- Endurance

Reaction speed/Decision making

- “Repeat after me” movements
- Deal a deck of cards fast
- First to touch a card when played
- Spoons
- Musical chairs
- Balloon volleyball
- Nudge/perturbation
- Touch sparring

Distraction tolerance

- Per prior –
Manual, auditory, visual, cognitive
- Personal preference/perceived difficulty
- Keep it game-like
- Importance of play and flow
- Challenge: Hold skill under distress of distraction

Pressure tolerance

- Timed bed mobility
- Mock bathroom run (timed from a chair)
- Timed ADLs “late for appointment”
- Perturbations, nudges in safe setting
- Memory game with high stakes

Balance training

- 4 Square Step Test: Taped or in 3D
- Tightrope walking: Hallway
- 4 Stage Balance Test progression
 - Feet together, staggered, lined-up, single leg
- Cushioned sit to stand
- Eyes closed sit to stand
- Stand still (corner), w/ furniture front/walls side

Skill and agility training

- Hopscotch
- Jump rope
- Dance step sequences
- Picking things up with feet
- Picking up jacks
- Games of tag, indoor dodgeball (even seated)
- Obstacle courses/mazes
- Scavenger hunts with high/low items

Endurance

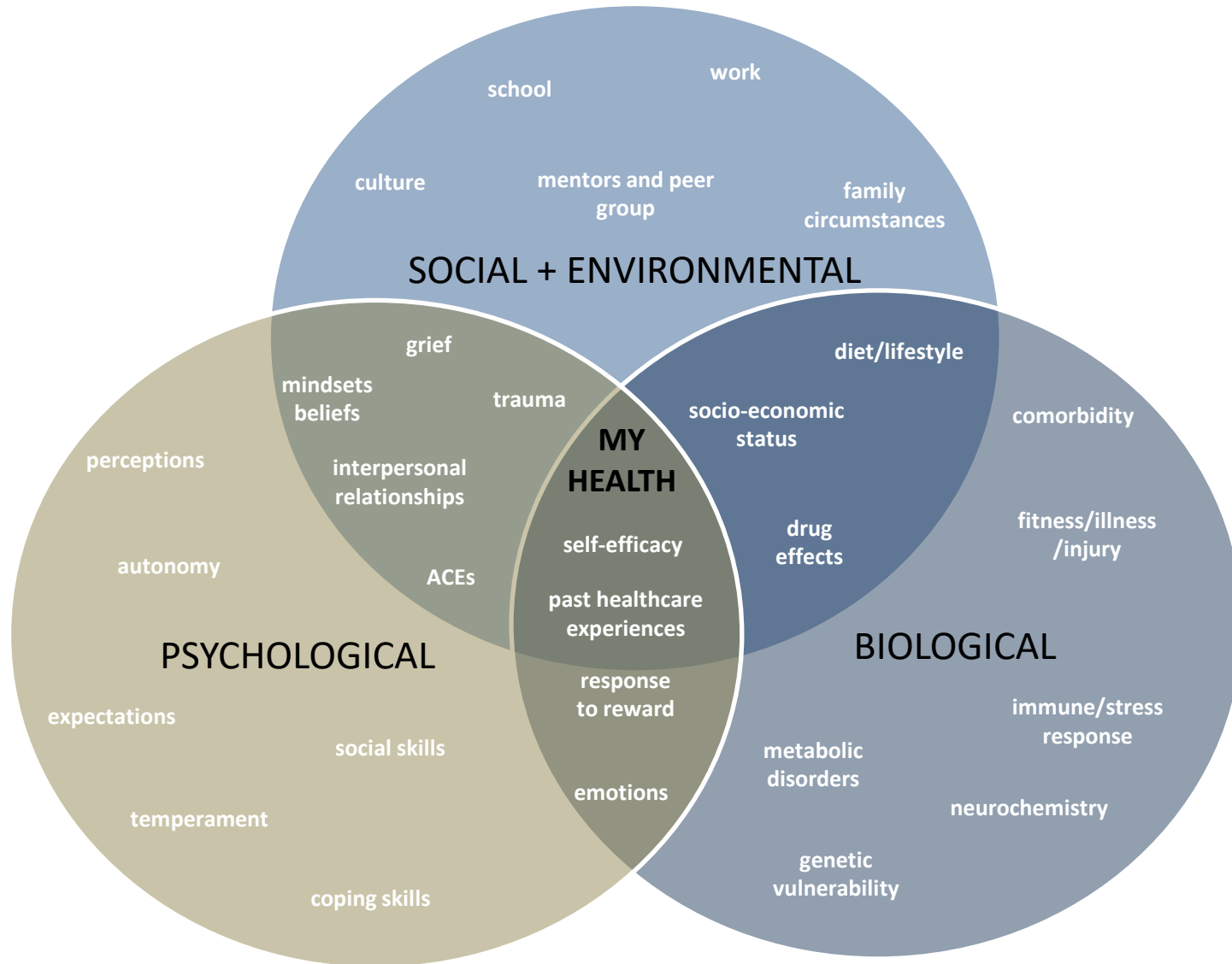
HIIT intervals or continuous applications:

- Bed mobility
- Hallway laps walking
- High surface sit to stand
- Wall push ups
- Neighborhood walk
- Planks
- Stairs

Barriers to learning: biopsychosocial

- Biological – medical/physical
- Psychological – mental, personality
- Social – culture and social networks

Barriers to learning: biopsychosocial



Personality

- “I have never been able to...”
- “I am not a person that...”
- “I am...(uncoordinated, weak, slow)”

Depression

Response to:

- Feedback
- Measurement
- Improvement
- Exercise

Self efficacy

“Do, or do not. There is no try.”

Yoda

“90 percent of the game is 50 percent mental.”

Yogi Berra

Self efficacy

- Autonomy
- Success
- Measurable improvement
(weights, METs, reps, time, distance)

Fear

- Fear is a natural response to clear and present danger. It is healthy and functional for us to become more alert to engage or flee when there is a real threat.
- When we persevere on a fear, imagine a danger that is not currently present, we may begin to experience anxiety.
- When fear or anxiety distract us from optimal function, rather than serve to protect us, they become dangerous.

Fear

Overcoming fear has scientific basis using a few techniques:

- Exposure therapy
- Exposure and Response Prevention (ERP)
- Enhanced Response Inhibition
- Play
- Success or successive approximations

Overcoming fear may require enhanced self efficacy

Up Next

- Next, we will discuss ***Working with Clients Who Have Specific Neurological Conditions***